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SIMPLE AND ATTRACTIVE FOOD REFORM

By

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Foreword

His book is intended to be a friend to housewives and to all ho prepare their own meals, and although a good deal of planatory matter accompanies the recipes, much remains un- id, because *Sensible Food for All*, its predecessor, went into ll details about the whys and the wherefores of Food Reform. here is one chapter in the former book that gives a number recipes to illustrate its appeal and argument. The present olume is therefore to be regarded as a supplement to *Sensible ood for All.*

Most of the recipes have been published in *Health and Life* nce 1939. Some of them were worked out by Mrs. Maud aines, whose major contribution to *The Complete Guide to ound, Successful and Attractive Food Reform* was the main eason for that book's success before the war. The remainder f the recipes represent the sort of food I prepare for myself. lost of them are very easy and economical. Readers who are terested and enterprising in the kitchen will find it easy to evise variations on many of the dishes. Flavours in particular nd themselves to experiment, especially if there are culinary erbs in the garden.

By the courtesy of The London Health Centre I am able to eprint, as Chapter 8, the booklet *Salads All the Year Round*, hich they published for the National Association of Health tores some years ago, and which I wrote for that purpose.

The main point about the recipes is that they are based on he rationing and supplies of 1947. It is impossible to forecast hether conditions will improve or deteriorate during the next ear. But the best way to forestall any increased shortages is r everyone who has a garden or allotment to explore every ossible increase of cultivated vegetables, salads, herbs and uit. Many kitchen-gardens are still run on narrow lines, hen more attention should be given to planning a steady ntinuity of fresh produce, especially in regard to vegetables t generally sold in shops. In this connection I may be per-

mitted to refer to *Good Food from Healthy Soil*, which not only deals with this particular point of variety, but explains clearly how to raise the quality and health-building virtues of garden produce by all-in composting.

It is quality produce that all of us who are home-producers should aim at. When garden soil is raised to full fertility by faithful composting, quantity looks after itself.

There are several ingredients appearing in these recipes that call for comment. By brown sugar is meant Barbados sugar, which is far and away superior to Demerara. Health Stores are able to get this product at present, and readers should register with their nearest Health Shop for sugar, as grocers rarely have it. Butter beans and lentils are imported and are scarce. They may disappear altogether—the same with wholemeal macaroni. Dried egg and dried milk may not always be available.

Increasing numbers of housewives are making their own whole-wheat bread. Full details and the simplest method are given in the sixpenny booklet *The Whole-Wheat Way to Health*, issued by The London Health Centre. Through the enterprise of the Whole Food Society, Goosegreen Farm, Bridgwater, Somerset, to whom enquiries should be addressed, compost-grown whole-wheat flour is now available to members.

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1. A Look Round the Food Situation

THIS book will, it is hoped, to some extent replace *The Complete Guide to Sound, Successful and Attractive Food Reform* which, first published in 1929, ran through seventeen editions until 1939. The great restriction of imported goods which the war necessitated and the equally necessary rationing of certain foods rendered that widely appreciated book of little use so far as its four hundred recipes were concerned. The publishers therefore decided to defer reprinting until conditions should return, after the war, to what we used to call 'normal'.

But was it 'normal' to depend to so large an extent on imported food?

Some will now agree that it was not. For against the appalling horrors of the second world war must be set at least this: that many have begun to realise how large a part of our essential foods can be produced in Britain. Perhaps not so many will agree that a sound national economy depends on a maximum of self-support; with its corollary that foreign trade, if it is to promote friendly international relations, must be transformed into an exchange of national surplus free from financial hocus-pocus.

Anyway, both rationing and restricted imports seem likely to continue for some time to come, so this book is planned to meet that situation.

It will be worth while to take a good look at the food situation in Great Britain as it is today and as it is likely to be for the immediate future.

First, then, the soil from which all food comes, either at first or second hand. What about the cultivated soil of this island?

The Soil

The outlook is none too good and we must all keep wide awake if we are not to be put back into the muddle of pre-war years. Powerful interests are in favour of continuing to import

much of our food from abroad, and many farmers are sceptical of whether the Government means to establish them in a secure and primary position. Further, although the tremendous efforts of the farming community have shown how much wheat, oats, sugar-beet, potatoes and vegetables can be grown within our own shores, the soil in many parts has been severely taxed, for until the Law of Return is fully observed on all farms and market-gardens, increased and intensive cultivation involves raiding the stored fertility or humus; and since chemical manures tend to exhaust fertility while stimulating bigger crops, and incidentally reduce the numbers of the indispensable earthworm, it is probable that on the whole the war years have reduced the health of Britain's soil. On the other side of the picture, there is considerable increase in the compost method, there is at least a beginning in the preparation of both town wastes and sewage for manuring purposes, and many books have been published stressing the realities of the soil situation. Soil-health has begun to be a widely discussed question.

Rationing and its Effects

Rationing has reduced the national consumption of refined sugar, and 'national' flour has replaced the ultra-white product. Yet it is doubtful if the great majority of people in this country have been educated by these restrictions and changes. On all hands one hears remarks that show that most folk look forward to white flour and plenty of sugar once again. The excellent advice of the Ministry of Food in their Press advertisements about the cooking of vegetables and the freer use of raw vegetable salads in winter and spring appears to have made only a slight impression. It has been ignored in many if not most Service and war-factory canteens, and seems to have had no influence upon restaurant managements, let alone public hospitals and medical nursing homes.

Vitamins

Official dietetic 'authorities' nearly all suffer from mental vitaminosis: everything is to be judged solely or mainly by the presence or absence of this or that vitamin. Thus Prof. Marrack, in an otherwise sound and informative article in the *Sunday Times* (Aug. 24, 1944), said: "All planning of food supply, all checks on its adequacy, must depend on measurement of the amounts of vitamins, backroom work that does not get beyond the scientific journals."

Naturally, vitamins, being part of the wholeness of foods, are important. But this fragmentary outlook of the food scientists leads to absurd results. For example, many kinds of home-grown fruit, including most varieties of apples, are stated to be of small nutritional importance because they contain little or no Vitamin C. Dried fruits are relegated to a low-down position because the drying process is said to destroy the vitamins, and probably does. The value of potato peel is dismissed because Vitamin C is in the inside of the potato and not in the skin. Only the green tops of leeks and young onions contain Vitamin C, so the rest of these vegetables is declared to be merely good for flavouring!

The basic importance of the *mineral* content of fruits and vegetables gets too little attention from food scientists, for they appear to believe that the rest of what people eat, plus table and cooking salt, supplies all the salts needed. This may be so on paper, but practical experience proves its falsity.

As for dried fruits, although not so good as ripe fresh fruit, they are an excellent source of organic sugar and minerals, a point entirely overlooked by the food scientists. They still cling to the notion that it doesn't matter how we get sugar into the body as long as it is chemically sugar. Yet, illogically, they warn people against the overconsumption of deficiency foods. Apparently, the only deficiency they are interested in is vitamin deficiency.

Nuts

The restriction of imports has made vegetarians and food reformers aware that almost all the nuts they used to have came from overseas. Surely it would be an excellent development if more attention were directed to the cultivation of nut-bearing trees appropriate to our climate. Walnuts, filberts (or cobnuts) and almonds should be a profitable proposition. The Royal Horticultural Society have investigated the wholesomeness of the kernels of the various types of almond trees at present grown for their spring loveliness, and have found that a good proportion bear sweet almonds. Walnuts and filberts are fully at home in Britain.

Edible Seaweeds

There are several varieties of edible sea-plants native to our shores, of which carrageen is the best known thus far. The Ministry of Food should devote publicity to these, for, as my

*Sensible Food for All** proves, they constitute a practical means of making good the deficiencies of much of our marketed vegetables. Some recipes are given on pages 36 and 90.

Home-Grown versus Imported Fruit

Judging by the widespread excitement when oranges and lemons become available in the shops, the war has not taught the great majority anything on this subject. Citrus fruits are delicious and wholesome, but the notion that they are essential to health in this country, a belief deriving from the vitamin craze, is nonsense. I may be allowed to say that for many years I have urged that the customary pre-war free consumption of imported lemons, oranges, grapefruit (and apples), especially during the colder months of the year, was not conducive to an adequately alkaline condition of the blood and tissues. Yet many writers on food reform are still obsessed by the idea that at all times and in all climates fruit is the perfect food. To combat this idea is to court charges of condemning fruit as such, which is absurd. As for Vitamin C, it is now recognised by all well-informed dieticians that we can get all we need from green vegetables and some root vegetables, either in the form of raw salads or when vegetables are cooked quickly without salt or soda. Certainly no one with a discriminating palate would judge even the best of Colonial or American apples as equal to the better English varieties.

Dried Fruits

Dried fruits will have to be imported until such time as it dawns on enterprising firms at home that a large trade could be developed in dried plums, damsons, apples and quinces (the last two either peeled and cored or in rings). This would not only serve to utilise the gluts that occur from time to time, but establish a worthwhile new industry that would help fruit-growers.

Vegetables

Before the war enormous quantities of onions and other vegetables were imported, but we have discovered that all the vegetables needed, including salad vegetables, can be grown within our own borders; for British soil is so varied and our traditional skill so high that Britain is exceptionally fitted for market-gardening. Further, it is to be hoped that all who have gardens will devote some of the ground hitherto devoted to

*Daniel, 5s.

lowers and shrubs (how dull many of the shrubs are in any ase!) to cultivating some part at least of their own vegetable equirements.

Dairy Foods

Whether our country will in time be self-supporting in butter, heese and eggs remains to be seen. In common with several uthorities far more competent to judge than myself, I see no eason why this should not come to pass, providing farmers and roducers are given a fair deal and assured of a reasonable eturn for their skill, work and enterprise. For I have no doubt hat the king-pin of a healthy economic order is to secure the ome market; that is, to devise a money system that will nable a nation to buy and consume (or use) all that its citizens eed of their own production. That comes first. That it involves a genuine revolution—that is, a bloodless revolution or restoration—I am fully aware. Certainly there is no nation in the world who can make better butter and cheese than ours; and since the mixed farm, organised on the twin principles of rotation and all-in composting of every variety of waste material, is now admitted in many quarters to be the basic requirement for increasing and maintaining soil fertility, the well-being of our descendants is inextricably bound up with this issue.

Grain-Foods and Cereals

During the nineteenth century and onwards till the war shocked our politicians into some sense of reality, the expansionist dream that dominated Britain's economic policy had, among many disastrous effects, that of encouraging a constant and enormous consumption (in total) of such impoverished and processed cereals as rice, cornflour, tapioca, sago and the like. (The only wholesome ingredient in the traditional milk pudding is the milk, and even that is now so suspect, owing to the poor condition of many cows, that it, too, is processed by being pasteurised.) Surely the common sense of this matter is to depend increasingly on the wheat, oats, barley and rye that are native to this island instead of carrying refined starch-foods half across the world. To make it possible to store rice, the natural product has to be so severely processed that, if it be consumed as a staple food by the people who live in rice-producing countries, they develop grave diseases; while cornflour is the almost pure starch derived from whole maize and is the basis of a wide variety of pernicious commercial products (such as custard powder), which harassed housewives buy under the

impression that anything that saves time and trouble is worth putting into the human stomach.

Sugar

Over-refined extracted sugar is a typical modern mania. Yet it is most difficult to get people today to realise how modern this craze is. Even if they do, it is to be grateful for so convenient and alluring a commodity! It certainly has a limited usefulness—as a condiment for dishes that would otherwise be too tart, such as stewed fruit, and as a preservative in making marmalade and other conserves. Chocolate would have no appeal if it were not half sugar. But to such heights had the national consumption of sugar risen during the four or five generations since the dawn of the industrial era that its rationing was a severe blow to the vast majority. For it is literally true to say that the white populations of the world today have become sugar-addicts. May not this singular fact be attributed in part to the decay of good sense and in part to widespread frustration?

Babies have it added to the bottle-feed when they are not breast-fed. As soon as they are weaned it slides into their daily meals. A popular bribe to children for being 'good' consists of 'sweets', which are practically all white sugar. Sugar and sweets thus become intimately associated in the tiny mind with everything that is pleasant. Sweets alleviate the boredom of unhappy schooling. Everyone round them has been through the same process. The nursery rhyme, "Sugar and spice and all things nice" reflects the far-back days when spices and sugar from the East were part of the glamour of early overseas merchant adventuring, along with silk and coffee and other products of the Orient. What was a rare 'comfit' in Elizabeth's days has for 150 years become a 'staple food'—a terminological inexactitude surpassing the wildest untruth ever uttered by a cornered statesman.

When sugar was first imported from the newly acquired West Indian colonies in the eighteenth century, it was virtually the concentrated sap of the sugar-cane. As the barrel stood in the grocer's shop of Georgian days, the syrupy part settled, leaving the upper level of sugar a pale brown. In other words, if the grocer weighed sugar from the top it was what is now known as 'raw' Barbados; if he drew the syrup from the bottom of the cask through a tap or vent it was molasses or black treacle. In these forms, and used in strict moderation, there was nothing

much to be said against it except that in those days it often contained bits of cane fibre and sometimes sugar-mites. But as these last were invisible to the naked eye, no one was a penny the worse, any more than we are if we happen to swallow a few green flies or *aphides* when eating lettuce.

But public fancy began to demand purity in terms of *whiteness*, not only in sugar but in flour—a curious psychological symptom. So sugar was purified until at last it became a dead chemical substance without a trace of the mineral elements and vitamins present in all whole-plant substances. To make matters worse, it became popular in the 1850's for making the novel Indian tea capable of being swallowed, and this led on to sweetening many other drinks. In this way 'pure' sugar slid past the mouth-saliva and entered the stomach as an alien, because isolated, substance, in steadily increasing amounts.

During all this queer story medical authority, not for the first time bereft of its senses, asserted that sugar was 'good for you.' And sugar is good, *but only as part of the organic wholeness of unspoiled food.* The sugar in ripe fruit, in dried fruit, in carrots, beetroots and parsnips, and the potantial sugar in all grains and cereal products, and in potatoes, is part of an intricate mixture. For it is not only from foods that *taste* sweet that we get sugar: the starchy part of potatoes, bread, biscuits, cake, pastry, puddings and other grain products is no use at all to the body unless and until the human digestion has turned it into sugar. But if such starchy material be swallowed without thorough mastication, the action of the starch-to-sugar ferment in saliva is evaded; and this gap is bound to occur when such food is eaten in a soft or pappy condition (as with new bread, chemically lightened cakes and the British milk pudding, cornflour, blancmange, and the like).

Is it to be wondered at that the state of children's teeth is what it is today, or that constipation is rife, or that a condition of sub-health, constantly throwing up symptoms called catarrh, tonsilitis, rheumatism, and the rest, is visible to the trained eye on every side?

It is true that farmers find sugar-beet a profitable crop, for British refineries take all they can get, and the residues are worked up into cattle food, while the beet-tops, ploughed in, provide humus. But to justify the cultivation of sugar-beet on these grounds is shortsighted, and is one more example of the fragmentary thinking that characterises so much that passes for science and economics. Human values come first.

A Common Complaint under Rationing

A common complaint raised during the present war, even among some food reformers, is that it is difficult to plan the daily meals on good lines because of this, that or the other shortage. I can only say that in doing my own catering for the past nine years I have found no difficulty. This does not mean that I subsist miserably on some faddy system of my own invention. I enjoy my meals; they are never dull or monotonous; and when, on occasion, I entertain guests, comments range from quiet appreciation to excited approval.

Apart from queuing—mostly at butchers and fishmongers—the complaints one hears almost always arise from one or two things, or both. Either acquired tastes and habits still override good sense, or there is no kitchen garden or allotment.

The latter is a real obstacle to the best kind of catering; but, on the whole, vegetables are in good supply, and if everyone were to adopt the ideas given in Chapter 8 of this book, the salad problem would very nearly solve itself. In this connection I feel justified in referring to my *Good Food from Healthy Soil*,* which gives detailed practical information as to how to run a kitchen garden on the best lines.

*2nd Edition, Daniel, 2s.

2. A Simple Guide to Food Values

ALTHOUGH the war has brought home to the more wide-awake men and women in Britain some of the facts about different foods and their respective value, there is still a good deal of confusion.

The simplest rough-and-ready way to classify available foods is to group them under two heads: Nourishing and Protective. This is the policy adopted by the Ministry of Food, acting on the advice of the scientists on whom it relies.

The disadvantage of this method is that it does not distinguish between concentrated foods and bulky-but-corrective foods. For example, eggs, fish, and butter are classed along with vegetables, just because they supply valuable vitamins; yet these two classes of food are in fact widely different.

The following simple groupings are recommended as capable of showing anyone how to gain a more correct view of the subject.*

Typical Deficiency Foods

Rice, cornflour, sago, tapioca, ordinary macaroni, white or 'national' flour and bread, cakes biscuits made with it, sugar, sweets, 'Golden' syrup, Bottled fruit squashes, etc., vinegar, pickles, custard powder, cake and pudding powders, synthetic flavourings, wastefully cooked vegetables, peeled potatoes, pasteurised milk.

Available Whole Foods

Fresh whole milk (pasteurising undoubtedly reduces its value), home made sour-milk cheese, sour-milk, butter, factory cheese, fresh eggs, dried eggs, soya flour, wheat-germ (Froment), nuts and nut foods, dried peas and other pulse. Whole-wheat flour, bread and biscuits, rye and wheat crispbreads, oatmeal and oatcakes, pot barley, wholemeal macaroni, ripe fresh fruits, dried fruits, bottled fruits, English bottled apple juice, canned puréed fruit, black treacle, brown syrup, honey, Barbados sugar, yeast products (Yeastrel, etc.), raw salads, vegetables (when rightly cooked), potatoes (when not peeled), canned vegetables and vegetable soups, Irish moss (of which Gelozone is a convenient form), culinary herbs and spices, vegetable concentrates (such as Vecon).

For a detailed examination of the whole subject, the reader is referred to *Sensible Food for All* (Daniel, 7/6.)

So here are some *forty* available foods that are wholesome and worth eating.

Second, these forty foods can be grouped according to whether they are mainly useful (*a*) for repair and growth, (*b*) for warmth and energy, and (*c*) for correcting, purifying and protecting.

To do this means that there is bound to be some overlapping, for all *whole* foods contain a rich variety of elements, but these are present in different proportions.

1 Foods that supply plenty of protein
(the substance that alone makes flesh-foods of any use):

Home-made sour-milk cheese.
Factory cheese.
Eggs and dried eggs.
Dried peas and other pulse.
Soya flour.
Nuts and nut foods.
Wheat-germ (Froment).
Emprote.

NOTE.—All these, except pulse, also supply oil or fat.

2 Foods that supply warmth and energy
(but only if they are well masticated and properly digested and not eaten in amounts exceeding bodily needs):

Whole wheat flour, bread and biscuits.
Rye and wheat crispbreads.
Oatmeal and oatcakes.
Pot barley.
Wholemeal macaroni.
Dried fruits.
Honey.
Black treacle and brown syrup.
Barbados sugar.
Pulse.

NOTE.—The foods in the first column also supply protein, though rather less than those in the Group 1, above. The same is true of lentils and pulse.

Butter. Margarine. Edible oils. Vegetable cooking fats.

NOTE.—These not only supply a source of warmth and energy but play an important part in keeping the body in good condition. Vegetable cooking fats contain nothing but fat.

3 **Foods that are specially rich in mineral salts and vitamins C**, but, unlike the foods in the other two groups, are not concentrated—that is, contain a large proportion of water:

All vegetables (raw or cooked).
Culinary herbs.
Irish moss or gelozone.
Canned vegetables and vegetable soups.
All ripe fresh fruits.
Canned fruit pureés. (blackcurrant, orange, etc.).
Bottled English apple juice
Yeast extracts (such as Yeastrel).
Vegetable concentrates (such as Vecon).

NOTE 1.—Gelozone, yeast extracts, Vecon and dried culinary herbs are concentrated as bought, but in cooking they require added water.

NOTE 2.—Mineral salts and vitamins are present in all WHOLE foods in different proportions. In general it is true to say that the minerals in this third group are mainly alkaline (the opposite of acid), whereas those in Group 2 are mostly acid.

NOTE 3.—Of the fruit preserves, coarse bitter marmalade is to be preferred because the peel of citrus fruits contains valuable oil and mineral salts. Of jams, blackcurrant is best, chiefly owing to iron salts and vitamins. Rose-hip syrup is also good.

Readers who are scared of abstaining from flesh-foods, or whose circumstances make it extremely difficult to get satisfactory substitutes (those foods in Group 1), are asked to note the following facts:

1. Fish is preferable to butchers' meat, partly because these creatures get their natural food and live in more or less healthy conditions except where rivers and lakes are contaminated with chemical factory wastes, and partly because they do not suffer from impoverished soil conditions.
2. The smallest types of fish (sardines, whitebait, sprats), come nearest to being whole foods because the greater part is eatable, the bones being so small.
3. Salted, smoked and pickled meats and fish cannot but irritate digestive linings. Two well-known brands of imported canned meat contain, according to the label, nitrate of soda and nitrite of soda!

3. How to Balance the Day's Food

IF the reader has now a clear picture of the three main groups of available whole foods, it becomes easier to grasp how to ensure that the daily meals are reasonably well balanced, so as to provide the body with approximately the right proportions of the different types of food.

It would be both impossible and misleading to lay down exact amounts for all and sundry. First, because we need differing amounts in childhood, in adult life and in advanced years. Second, because we differ as individuals in our ability to assimilate the goodness from what we eat. Third, because a person engaged in strenuous bodily work uses more energy and wears out more muscular tissue than one who sits at a desk or at a mechanical job during working hours.

So far as my own observations during the past forty years go, I should say that there are many more people who eat more than they need than there are who eat too little. Also that the great majority eat (or at least swallow) food or nourishing beverages too often each day, so that the digestive system becomes worried and loses its senses. A great many people today have lost the instinct that should tell them when and how much to eat. A false appetite or craving for food or drink is usually due to unhealthy conditions in the stomach.

So the first step towards the recovery of right instinct is to eat only three times in twenty-four hours. Indeed, from middle life onwards many have found that they do better on two main meals every day. Personally, at 69 I find that one good meal a day suits me best, breakfast and lunch being very light.

So much depends on mastication and on relishing one's food rather than just shovelling it down under the impression that some sort of engine must be stoked up good and proper. For sound digestion and assimilation do in fact depend largely on relishing and appreciating meals. The digestive juices flow most fully and at highest potency when there is enjoyment through the eye, the nose and the palate. This is one reason why dogmatic systems of diet are so mistaken. We need to

know what's what in food, but hunger is a basic biological instinct and resents a too-intellectual management!

To many parents of small children I know that what I have here said will be puzzling, or even exasperating. "What!" they may exclaim, "are we to let the youngsters have just what they fancy?"

Well, the bringing up of children is a matter calling for constant judgment, wisdom and good sense. Of one thing I am sure: that nothing can be worse for a small child than for food and health to be discussed at meal times. If the right kind of meals are served in simple and attractive ways, if there is an atmosphere of good spirits throughout the meal, if there is no fuss, not even an unspoken anxiety, and if the child is encouraged to take a hand in laying the table, and later to help with the preparation of the meal, and (if there is a kitchen garden), to grow some little crop on its own, with adult guidance, there will be far less difficulty than often arises. If a child is not hungry it is criminal to force it to eat. If it refuses food for some obviously emotional reason, the reason must be found. If a child refuses its food in order to express some hidden resistance to grown-ups, the mother should say quietly and smilingly but firmly: "All right. The next meal will be ready at so and so. You can either watch me finish my food or you can go away and amuse yourself."

Daily Proportions

If we bear in mind these guiding principles and qualifications we can venture to set out a rough-and-ready guide as follows:

Group			
I	Protein Foods	2 to 4 oz.	These amounts are
II	Warmth-Energy Foods	6 to 8 oz.	for food before it
III	Corrective-Purifying Foods	10 to 18 oz.	is cooked, if it is cooked.

But we must translate these dull figures into more intelligible terms. So, *taking the smaller figures above*, this is a fair example of how they would work out:

Group I 1 oz. cheese (or 2 tablespoons sour-milk cheese), plus 1 tablespoon soya flour, plus 1 tablespoon Froment (or one egg or equivalent dried egg in place of any of these; or 1 tablespoon Emprote in place of soya flour; or 1 tablespoon *cooked* pulse in place of cheese; or moderate helping of a nut food in place of either cheese or soya flour). It is a matter of ringing the changes, and the recipes that follow will illustrate how it works out.

Group II 3 oz. wholewheat bread or toast, or crispbread, or oatcakes. A little less if a steamed wholemeal pudding comes in on any particular day;
plus 1 oz. honey or Barbados sugar;
plus 2 oz. dried fruit (soaked or stewed).

Group III Large plateful of raw vegetable salad;
plus 1 or 2 dry-baked jacket potatoes; (these can to some extent displace bread, etc.);
plus one good helping of cooked vegetables (a cup of vegetable soup made from the liquor left in pan would be additional);
plus Gelozone, Yeastrel, Vecon, say half teaspoon of one or the other;
when available, ripe fresh fruit—say two apples or pears, or equivalent in other fruit in season, or in stewed or bottled fruit;
also: butter, margarine, cooking fat—daily proportion of rations.

('Suenut', hard vegetable fat, supplied by Health Stores to registered vegetarian customers, is not rationed).

I must emphasise that these amounts and proportions are only a very rough suggestion. I don't believe in weighing food, but one must try to give some idea of what is meant by balancing the daily food.

Growing children will need rather more of Group 2, but no less of Groups 1 and 3. For the amounts given are based on the *minimum* figures which precede these details.

If the need should arise, we could flourish without fruit or dried fruit, and without sugar or honey, because, as previously explained, all the starchy material in bread, biscuits, potatoes, etc., is, if properly digested, turned into sugar in the body.

Some food reform books err, in my judgment, by recommending very small amounts of protein foods. Any slight excess of protein does far less harm, in my view, than a regular excess of starch-sugar foods (Group 2).

The reason for including such proprietary foods as Yeastrel, Gelozone and Vecon is that they are very good and useful, both for flavour and nourishment, and for making good any deficiency in bought vegetables arising from faulty methods of cultivation. Emprote is included because it is a very convenient and genuine product. I need hardly say that I have no financial interest in these things. I severed my business connections in 1935.

4. Health-Preserving Soups

WHEN soup is served as part of a meal, individual portions should be not more than a breakfastcupful. But when a very simple meal is needed, a good plateful of any of these soups that contain soya flour or Emprote, with wholemeal toast or crispbread, will be excellent and far superior to the malted and cocoa-flavoured food-beverages, now so popular owing to large-scale publicity, as inducive to good sleep.

1. Emergency One-Minute Soup

For each person dissolve half-teaspoon Vecon or Yeastrel in boiling water (vegetable stock is better), and, just before serving, add a little milk.

2. Carrot Soup

Scrub carrots and then either grate or cut in narrow strips. Have ready hot vegetable stock (from any previously cooked vegetables) in which has been dissolved either Vecon or Yeastrel to taste and a light sprinkle of grated nutmeg. Add prepared carrots to liquor and cook till carrots are just soft. If they are grated, 15 minutes will be enough.

3. Celery Soup

Pull celery to pieces and wash. Cut away any decayed patches. After putting on one side the centre sticks for salad, chop up all the rest, including peeled stump, sound leaves and green parts of stalks, quite small. Cook in water or vegetable stock for at least one hour.

If the celery has been chopped quite small no straining is needed.

If a thick soup is required, pour off some of the liquor when nearly ready and mix this smooth with either soya flour, or Emprote, or Mashed Potato Powder,* return this to pan, stir well and bring to boil. Then serve.

4. Leek and Oatmeal Soup

The green tops of leeks are suitable for this, using the bleached parts as a cooked vegetable or in a savoury dish. Wash carefully, remove any decayed patches, cut up small. To 1 lb. of leaves allow 1½ pints of water or vegetable stock. Bring to boil and then sprinkle in 2 level tablespoons medium oatmeal. (If this can be lightly toasted in the oven or under grill first, so much the better.) Cook slowly for about 50 minutes, stirring from time to time. Add a tablespoonful of chopped parsley and a little fat just before serving.

* This is a very useful product, since it needs no cooking and quickly dissolves in liquid or combines with other ingredients. But left-over mashed potato can, of course, take its place where mentioned.

5. Leek and Potato Soup

Scrub a number of small potatoes and cut up quite small. Wash and finely chop two leeks. Add 2½ pints water, bring to boil, and then simmer until potato is soft. Ten minutes before serving add 1 oz. of fat and either Yeastrel or celery salt.

Onions can replace leeks.

6. Spinach Soup

The liquor from cooked spinach or beet-spinach is the base for this. Mix for each person 1 dessertspoonful of Mashed Potato Powder with some of the liquor. Add either Vecon or onion salt or mixed dried herbs. Add all to stock and stir over low heat for about 10 minutes.

Other flavourings can be used, such as chopped tops of young onions, parsley, chopped chives, etc.

7. Nourishing Vegetable Soup

This is useful when for any reason it is not convenient to prepare a savoury protein dish for a meal. Proceed as for the preceding recipe, but stir soya flour into the vegetables and liquor about 10 minutes before the soup is ready. Continue to stir to ensure there are no lumps and that the soup does not stick to the pan.

8. Summertime Carrageen Soup

An eggcupful of Irish moss is broken up quite small and put into 1 pint vegetable stock, and then simmered for about 30 minutes. Strain off the liquid and add chopped chives, parsley and mint, and a teaspoonful of Vecon. Mix 1 tablespoonful of Emprote in a very little warm water and stir in, bringing all just to the boil. When Emprote is in short supply, soya flour can be used instead, but in this case, mix it smooth first and let it cook with the rest.

9. Artichoke Soup

1½ lb. Jerusalem artichokes.
1½ pints vegetable stock.
¼ pint milk.
1 oz. fat.
An onion or a few green leek-tops, chopped.

Scrub artichokes. Chop small or grate.

Melt fat in enamel saucepan, put on lid and shake saucepan over low heat. This helps to extract the full flavour. Then add artichokes and chopped leek-tops and the stock, and simmer until very soft. Add milk a few minutes before serving.

10. Swede and Carrageen Soup

1½ lbs. swede.
1 large carrot.
1 quart vegetable stock.
½ a loosely filled teacup of Carrageen (Irish moss).
1 oz. fat.
A little Yeastrel.

Peel the swedes and then grate. (The skin is usually too tough to use, but it makes a nice addition to the stock-pot.) Scrub and grate the raw carrot. Put grated vegetables in enamel saucepan, add Irish moss and stock. Bring to boil, simmer for an hour, or until tender, and the moss dissolved. Remove any stringy, stalky bits, add Yeastrel to taste and the fat.

11. Simple Savoury

Lightly grease a pie-dish. Grate 1 good-size raw carrot and mix this with 2 heaped tablespoons of grated cheese and the same amount of mashed potato (or Mashed Potato Powder mixed smooth with warm water to the same consistency). Add a sprinkle of mixed herbs or freshly chopped parsley. Mix all and turn into dish. Heat in oven or under grill. Only heating is needed, not cooking.

Notes on Vegetable Stock

This means saving whatever liquor is left in pan after a vegetable has been cooked in enamel saucepan without salt or soda. Turn this into a pudding basin and cover with plate. It can then be used next day for cooking a vegetable, or for soup.

But also, it is worth while making stock with odds and ends of vegetables, the parts that would otherwise go into the sink-basket (and thence, for those who have a garden, on to the compost heap). Only damaged or decayed parts should be discarded. But such odds and ends as ribs of cauliflower, peel of swedes and large turnips, coarse parts of celery, peelings of runner beans, peapods, tough ribs of winter greens, etc., all make excellent stock. Wash these, put them into largest enamel saucepan, add water and whenever possible a sprig or two of Irish moss, (see Note on page 36), put on lid, and bring to boil. Then turn down heat and allow to simmer for not less than one hour. The stock is then drained off and either used at once for soup or other purpose, or put into a bowl or basin and covered till wanted.

In cold weather such stock keeps good for two or three days. In hot weather for twenty-four hours in a cool place.

It is well worth while putting a bay-leaf into such stock when it is put aside, as this gives a choice under-flavour for any soup to be made from it.

5. Hot Savoury Dishes

THE point about each recipe in this section is that it provides a reasonable amount of protein, as set out on page 19, and therefore is equivalent to the usual helping of meat.

The aim has been to include only recipes which are easy to prepare. It is often said by those who are not fully acquainted with food reform in practice that it means a lot of fuss and bother. The answer is that some of the people who follow the conventional ways like or can afford first-class cooking and will take, or pay someone else to take, quite a lot of trouble in serving a lunch or dinner. It is the same in food reform households. Some take a genuine pleasure in the art of cooking and in subtle and unusual flavours; others have neither the time nor the instinct to do more than serve reasonably good meals.

Income has much to do with it, though not everything; for there are persons, men as well as women, who are expert in making limited funds run hand-in-hand with tastefully served meals; while there are others who, with plenty of cash, still find cooking a bore, or who will not realise that the simplest dish can be a failure if the person who prepares it does not pay attention to *detail.*

Psychology comes into this too,—and values. To some who nurse a grudge against their circumstances or companions, the mere thought of getting a meal ready is a nuisance. And there are still many, alas, who have not yet realised that the *appearance* of a meal, when served, has much to do with good digestion.

Then there are many, mostly women perhaps, who live alone and who, when they get home to their flat or bed-sitting room, tired with the day's work, are disinclined to have a sensible meal and therefore 'make do' with some very unsatisfactory snack.

I can only hope that the simplicity of these recipes will encourage these single folk to treat themselves properly.

The reason why cheese is the protein ingredient in the greater number of these dishes is that the special ration to non-meat eaters in force at the time of the publication of this book makes

it the most convenient. It is true that one has to take whatever quality of cheese that one's retailer gets from his wholesale supplier. But here is a practical point: Cut off the rind thinly and then wrap cheese in a piece of clean muslin, but do not otherwise keep it covered. Better still, cut it into pieces of, say, 4 oz. each and cover these with muslin. Stored thus, it will get dry and will then grate more finely, and thus be more digestible.

These meatless main dishes should be served with a green vegetable, or with cooked celery or leeks, or cauliflower, or other vegetables. Many of them are equally attractive when cold for eating with salad; so there is no waste if there is any left over. It is not wise to re-heat a dish if it contains vegetables. But left-over potatoes may always be used again, either cold with salad or as an ingredient in the next day's cooked dish.

12. Simple Winter Savoury

Cover the bottom of a well greased pie-dish or baking dish with sliced onions or shallots, then a layer of scrubbed unpeeled potato in thin slices, then 2 tablespoons of Savormix mixed with enough vegetable stock to make it fairly slack or semi-liquid; then more thin slices of potato, some small knobs of fat, and some breadcrumbs. Bake for 20 to 30 minutes. Serve with a green vegetable.

13. Semolina Cheese Savoury

2-3 heaped tablespoons semolina.
½ pint milk or reconstituted milk powder (or plain water if milk is short).
1 teaspoon Yeastrel.
½ teaspoon Gelozone.
6 shallot onions (peeled), or equivalent in ordinary onions.
1 'clove' of garlic (chopped small), or ½ teaspoon ground mace.
4-6 tablespoons grated cheese.

Cook semolina in the liquid in enamel pan, stirring all the time to prevent it sticking. It needs only a few minutes. Mix Gelozone smooth in 1 tablespoon *cold* water. Dissolve Yeastrel in a little *hot* water. Mix these and all other ingredients into the cooked semolina. Turn into pie dish or baking dish and bake in oven for about 20 minutes, or till slightly brown on top.

In place of cheese, 2 dried eggs, first liquified according to printed instructions, provide an equally nourishing dish.

NOTE.—In either case this dish when cold is very attractive with salad.

14. Golden Cheese Savoury

6 heaped tablespoons Semolina.
6 heaped tablespoons grated cheese.
1 dessertspoonful curry powder or teaspoon ground mace.
2 tablespoons mashed potato flour (as sold).
1 or 2 eggs or equivalent dried egg liquified (eggs not essential; the dish is very tasty without).

Melt a knob of fat in saucepan. Put semolina in pan, adding enough water to make a fairly liquid consistency. Cook quickly, stirring all the time, for about 5 minutes, not more.

Take pan off heat, stir in potato flour, curry powder or mace. Mix well. Then stir in beaten or liquified egg (if used). Mix well with fork.

Turn into lightly greased baking dish and bake in slow oven until lightly browned on top.

Equally good hot with cooked vegetables or cold with salad.

15. Digestible Welsh Rarebit

2 tablespoons grated cheese.
1 tablespoon either Emprote or soya flour.
1 teacup milk or vegetable stock or water.

Mix Emprote or soya flour smooth with the liquid. Melt knob of fat in small enamel pan. Turn in grated cheese and liquified Emprote or soya flour. Cook over low heat, stirring continuously, for not more than 5 minutes. Serve direct over any cooked vegetable. Equally good cold with salad.

A Note on Dried Eggs

Opinions vary sharply about these. Folk have been known to come to blows on the subject. A naturopath said to me: "Dried eggs won't hatch into chickens, so they're not for me." But come to that, a wholemeal loaf, however tenderly planted, will not produce a crop of wheat. I find this war-time commodity useful at times. But I am scrupulously careful to keep the container closed tight and in a dry place, or I turn the packeted contents into a tin with tight lid.

16. Steamed Dried Eggs

Prepare 2 eggs as printed instructions. Add tablespoon of milk and either celery salt, or mixed dried herbs, or a little chopped onion or genuine Indian curry powder. Put into small pudding-basin. Stand this in saucepan with water coming only half up the basin. Put on lid and cook until just set. Serve with a cooked green vegetable.

17. Scrambled Dried Eggs

Mix the dried eggs with water—1 tablespoon dried egg to 2 tablespoons cold or warm water—smoothing out lumps with spoon against side of basin. Melt a knob of fat in small enamel pan. Add to eggs any flavouring preferred, such as pulp of tomato, or a little finely chopped onion, or real Indian curry powder, or freshly chopped garden herbs. Pour into pan and cook over low heat, stirring all the time until it *just* thickens. Serve direct over any cooked vegetable.

18. Soya Flour Savoury

Mix 2 tablespoons soya flour smooth with two or three times the amount of mashed cooked potato. Mix in either celery salt or mixed dried herbs or chopped parsley or onion. Put into pie dish and bake till slightly browned. It doesn't need much cooking. Serve with a green vegetable, or cold with salad.

19. Cheese and Soya Savoury

Grease a pie dish. Cover the bottom with sliced onion or chopped leek. Then *thin* slices of unpeeled potato or very thinly sliced carrot or artichoke. Mix soya flour to a paste with some water and pour this over the other things. Add grated cheese (at least a tablespoonful for each person). Sprinkle breadcrumbs or toastcrumbs or cereal flakes thinly over top, add a bit of fat, and cook in hot oven for about 20 minutes. Quite simple.

20. Soya-Potato Savoury

Grease a baking dish. Cover the bottom with sliced onion or leek, then add a layer of sliced potatoes (not peeled). Repeat both layers. Mix soya flour smooth with some vegetable liquor or water or milk, and some Yeastrel previously dissolved in a little hot water. Pour this over the vegetables, sprinkle breadcrumbs over the surface, and bake till the vegetables are ready. This is a very economical recipe.

21. Emprote and Gelozone Savoury

1 tablespoon rolled oats.
1 tablespoon Emprote.
1 level teaspoon Gelozone.
1 tablespoon grated cheese.
1 teaspoon dried mixed herbs, or half-teaspoon Vecon (from Health Store).
Just enough water or vegetable liquor to make the mixture loose enough to stir easily.

Melt a knob of margarine or nut fat in enamel pan. Turn in the thoroughly mixed ingredients. Cook over medium heat on gas ring, stirring from time to time to prevent sticking, for about 10 or 15 minutes. Serve with a green vegetable or carrots.

22. Cauliflower-Cheese Savoury

Divide the washed head of a cauliflower into pieces and cook these quickly in enamel pan. Grease a baking dish, put in the cauliflower and cover with plenty of grated cheese (don't make the cheese into a white sauce). Then cover with breadcrumbs and add a few small knobs of fat. Bake for just long enough to make it hot.

23. Cheese and Potato Soufflé

12 oz. mashed potatoes.
4 oz. grated cheese.
1 oz. of fat.
1 egg.
3 tablespoons of milk.

Mix cheese into potato. Melt fat and stir in. Beat egg, add to milk and mix all together. Put into greased baking dish and cook in a moderate oven until golden brown. (If two eggs can be spared, the soufflé will of course be lighter and still more attractive.) Or dried eggs will give the same result.

24. Cheese and Oatmeal Savoury

4 oz. coarse oatmeal.
2 oz. grated cheese.
1 oz. nut fat.
½ teaspoon Yeastrel.
1½ pints vegetable stock.

Bring vegetable stock to the boil, sprinkle the oatmeal in, stirring all the time, then cook gently until thick, about 40-50 minutes. Add fat, Yeastrel and grated cheese, and mix. Put into a baking dish and brown, about 15 minutes, or it can be served from the pan without further cooking. It looks nicer when lightly browned and the flavour is improved.

25. Savoury Marrow

(2 persons).

Choose a small marrow, as the skin is then not tough and need not be removed, nor need the seeds be taken out. Wash the whole marrow. Cut into *thick* slices. Put into enamel pan with very little water and cook till only just soft. Turn on to a hot plate and add grated cheese.

If some onion (sliced) is cooked with this and a very small piece of chopped garlic, it is still nicer.

26. Rolled Oat Savoury

(2 persons).

2 tablespoons rolled oats (as sold in packets).
2 tablespoons soya flour.
2 tablespoons chopped onion and a little garlic.
2 tablespoons water or a little more if too stiff.

Melt a knob of fat in enamel pan. Put in ingredients well mixed. Cook for about half an hour, stirring to prevent sticking. Serve with a green vegetable.

27. Yorkshire Pudding

½ lb. wholemeal flour.
1 pint milk.
1 egg, fresh or dried.
½ teaspoon Yeastrel.

Warm ½ teacup of the milk and dissolve the Yeastrel in it, then add it to the rest of the cold milk. Add milk slowly to flour and beat thoroughly. Allow to stand for an hour at least. Beat again, pour into a greased shallow dish and bake in a quick oven until brown. Serve with green vegetable.

28. Savoury Soya Batter

3 oz. soya flour.
6 oz. wholemeal flour.
1 fresh or reconstituted dried egg.
¾ pint fresh or household milk.
1 heaped tablespoon finely chopped onion or shallots.

Mix the two flours; add beaten egg and milk gradually, and then the chopped onion. Beat well to incorporate as much air as possible. Allow to stand for at least one hour. Beat again for a moment or two, then pour into a shallow greased pie dish or fireproof glass dish and bake in a moderate oven for 30 to 40 minutes.

29. Cheese, Potato and Parsnip

(4 persons).

Thoroughly scrub 1 lb. potatoes and 1 lb. of parsnip, cutting out any diseased patches, but do not peel. Cut into thin slices, place in a saucepan alternately. Chop about ½ lb. green celery tops or leaves of leek tops, and add these. Add 1½ teacups of water or vegetable stock and cook until nearly tender.

Grate 6 oz. cheese.

Put the partly cooked vegetables and grated cheese into pie dish in layers. Finish off with dried breadcrumbs and a few small knobs of fat. Bake for 15 minutes in hot oven.

30. Savoury Parsnip Dish

Scrub about 1 lb. of parsnip, cutting away only any parts that are decayed. Grate or chop small.

Put into a bowl

4 oz. wholemeal flour.
4 oz. grated cheese.
2 dessertspoons dried egg.
2 tablespoons milk (or liquified dried milk).

Thoroughly mix these ingredients and then add parsnip. Add tumblerful of vegetable stock or water, and beat with fork for a minute or so.

Put mixture into greased pie dish or Pyrex dish and bake in a fairly hot oven for about 35 minutes.

31. Lentil and Barley Savoury

4 oz. red lentils.
2 tablespoons pot barley.
1 medium-sized parsnip.
1 onion.
¾ lb. washed cabbage.
Celery salt.

Soak lentils in vegetable stock, or stock and water, or milk and water, for an hour or two (this lessens the time of cooking).

Scrub parsnip and grate or cut up small. Finely shred the raw cabbage. Add these to the soaked lentils, bring to boil, put in the celery salt to taste, and cook gently until nearly tender, stirring occasionally to prevent burning. Now slice the raw onion and mix in, add a little cooking fat and cook for another 15 minutes.

NOTE.—By adding the onion later, the full flavour is obtained with economy. Serve with baked or steamed potatoes. Potatoes could be steamed on top of the savoury to save fuel.

32. Celery Cheese Dish

Remove the heart of a head of celery and put aside for salad. Clean and cut into small pieces the rest of the celery and cook in water until fairly soft. Thicken the liquid with brown breadcrumbs or crumbled cereal flakes. Lastly, stir in grated cheese. Turn out into a greased dish and re-heat. The mixture should be thick.

33. Savoury Butter-bean Roll

Soak ½ lb. butter beans overnight. Next day remove skins, which is easily done when they have been soaked. Cook them with some celery salt and then mash.

Put mashed beans into a basin, work in 1-2 oz. fat, 1 teaspoon mixed herbs and one finely chopped raw leek. Lastly, add ½ teacup breadcrumbs. Mix to a stiff paste with vegetable stock.

Shape into a thick roll, cover with margarine wrappers with the fatty side next to the roll, place in shallow dish, and bake 40-45 minutes.

Serve with green vegetable. Also very good cold with salad.

34. Lentil Savoury

1 teacup red lentils.
2 Shredded Wheat (or equivalent in brown breadcrumbs).
1 lb. tomatoes or ½ lb. onions.
1 tablespoon nut fat or margarine.
1 teaspoon Yeastrel or mixed herbs.
Vegetable stock.

Allow lentils to soak in stock for not less than one hour. Then cook in enamel pan over low heat. When half done, add rest of ingredients, after slicing tomatoes or onions. Put into greased dish and finish cooking in oven. Or it may be finished in the pan on gas ring. It should be thick when finished. Serve with a green vegetable.

35. Celeriac Savoury

Scrub earth off the roots. Cut off the small roots, but do not peel. Cut into slices or chunks. Lay these in greased baking dish, in layers, alternating with either grated cheese, or Savormix mixed to a wet paste with water or vegetable stock, or small pieces of Saviand Nutmeat (see note on page 31). Finish off with dried breadcrumbs. Bake in medium oven for 30 to 35 minutes.

36. Nourishing Marrow Savoury

A small young marrow is best, as there is then no need to remove either peel or seeds which are tender and nourishing. Cut into thick slices or chunks and cook in enamel pan in very little water till *just* tender. Have ready the following nourishing sauce:

1 tablespoon wholemeal flour.
1 tablespoon soya flour.
2 tablespoons grated cheese.
1 level teaspoon Gelozone.
1 level teaspoon Yeastrel.
Vegetable stock or liquor from cooked marrow.

Mix Gelozone smooth with a little *cold* water. Add the two kinds of flour and enough stock to make a thickish consistency. Bring slowly to boil, stirring well. Then stir in Yeastrel and grated cheese, and continue stirring over low heat for a short time until all is smooth.

Put cooked marrow into hot shallow dish, pour over the sauce and serve at once.

37. Marrow Patties

Make a simple short crust, using ¾ lb. wholemeal flour and 4 or 5 oz. fat. Roll out and line patty tins with it. Finely peel some raw marrow ut the peel and seeds in stock pot), grate the marrow. Melt a little argarine and very little milk in a pan, mix some grated cheese with the arrow, add the fat and fill the tins of pastry with this. Sprinkle a few ne brown breadcrumbs on top and bake in a hot oven for about 10 inutes. Serve hot with cooked carrots or a green vegetable, or cold ith salad.

38. Stuffed Marrow

Scrub but do not peel a moderate-sized vegetable marrow, and artly steam it. Do not let it get really soft. Prepare a stuffing as llows:

Cook 1 teacup of coarse or medium oatmeal in milk or good vegetable tock with a few herbs. When done it should be fairly stiff. Chop one r two onions finely and add raw. If the oatmeal is not thick enough, ld some breadcrumbs. Lastly, add 1 or 2 oz. of cooking fat and a little eastrel and mix well. Cut marrow in half, lengthwise, and stuff with ne mixture. Bake for about 35 minutes.

OTE.—Many varied stuffing materials can be used. Savormix in particular is good.

39. Marrow Wholemeal Pie

If a young marrow is used, it need not be peeled. Grate (or cut up mall) sufficient to make about 6 tablespoons. Mix this with 2 dessert-poons soya flour, 2 dessertspoons semolina and 6 dessertspoons grated heese.

Have ready wholemeal pastry, made as follows: With the fingers ork 3 oz. nut fat or margarine into 8 oz. wholemeal flour. Make this nto a stiff dough with either sour milk or cold water. Roll out into two ieces to fit a round sandwich tin. Grease the tin and lay one section f pastry in the bottom. Now put in the filling mixture, cover with est of pastry, wetting edges to prevent it opening. Make a hole in entre to allow steam to escape, brush over with milk, and bake in irly hot oven for 20 to 25 minutes.

This can be served hot with a green vegetable, served cold with salad, r used as a packed lunch.

40. Rissole Powders and Nutmeats

I am sometimes asked about rissole powders and nutmeats. I find me of these excellent. Of the former, Savormix is my own choice, and f the latter Saviand and Soya (Granose Brand). But such foods are ncentrated, so it is both desirable, attractive *and* economical to add rated carrot or other roots or chopped onion to Savormix when mixing, nd to combine the others with vegetables as in recipes 44 and 45.

41. Swede and Savormix Rissoles

Peel one good-size swede, and grate or chop small. Add from 1 to 2 . cooking fat and from 5 to 6 tablespoons of Savormix. Add enough t vegetable stock to form a fairly stiff dough. Shape into rissoles sausages, dip in breadcrumbs or oatmeal. Bake in a little fat in a hot en, turning them over after a time to brown all over.

Serve with a green vegetable. Equally good cold with salad.

42. Savormix and Shallot Savoury

Put about an ounce or more of cooking fat into a glass baking dish or enamel pie dish, spreading it over the bottom evenly. On this put a layer of sliced or halved shallot onions, or chopped leek, and then a layer of thinly sliced potatoes (not peeled). Mix Savormix powder with one-third or one-half its bulk of grated artichoke or carrot or celeriac, and enough water or vegetable stock to make a fairly wet paste. Spread this over the sliced potatoes, cover with dried breadcrumbs or with the covering material supplied with Savormix. Cook in oven for about half an hour, and serve with a green vegetable.

43. Savoury Turnip Roast

Turn into a bowl half a large carton of rissole mixture. Peel and grate or cut up small three medium-sized raw turnips (save peel for stock pot). Add this to the mixture, shake in 1 dessertspoon each of paprika and melted margarine, and mix to a fairly wet paste with hot water. Put into greased dish and bake in a moderate oven until lightly browned, about half an hour.

44. Saviand Nutmeat Dish

Open tin at both ends and push the contents out. Cut up into chunks. Scrub one large or two smaller potatoes, cut out any dark patches, but do not peel. Cut into very thin slices. Peel and slice two medium-size onions. Cover the bottom of a greased baking dish with onions. Over these put the Saviand chunks. Over these the thinly sliced potatoes and perhaps a few small pieces of cooking fat. Cook in oven just long enough for the potato slices to become tender. Serve with a green vegetable. (Other root vegetables can also be used for this dish, such as celeriac, swede, salsify, etc.)

45. Soya Nutmeat Dish

Scrub some artichokes, but do not peel. Cut in thin slices or small cubes. Put these in a greased baking dish with the soya nutmeat cut into small squares. Bake till artichokes are tender—it doesn't take long, say 15 minutes in a hot oven.

Instead of artichokes, celeriac or salsify make a specially delicious dish, but they must be cut small or in thin slices for this dish to avoid overcooking the nutmeat.

46. Simple Nut Savoury

Mix any variety of nut rissole powder with vegetable liquor or water or milk according to directions on the packet. Add as much again of either freshly grated carrot or finely sliced onion or leek or shallots, and whatever fat can be spared. Turn this into a baking dish and bake till very lightly browned, not longer.

6. Cold Savoury Dishes

THE title of Chapter 8—Salads All the Year Round—explains why the subject of cold savouries comes in here. For it is a fact that for the *best* health in this country, and in the temperate countries generally, we need a regular use of a certain amount of raw vegetable. The reason is not only a matter of vitamins, for these are only to some extent reduced by right methods of cooking. It is chiefly a truth learnt by experience—the living experience of thousands of sensible, unprejudiced and adventurous folk during the past thirty or forty years.

Since a raw vegetable salad is not a meal in itself, for it consists of the kind of food given in our Group III (page 17), and since also, in sensible feeding, a salad is not just a few lettuce leaves and half a tomato, but a liberal affair that takes the place of cooked vegetables at one meal each day, it is pleasant and necessary to have *something nourishing with it*, just as a savoury main dish is served with a cooked vegetable.

The pre-war conventional salad usually had hard-boiled eggs or egg mayonnaise with it, and eggs belong to the protein foods. But eggs are often scarce, and in any case experience shows that they do not give altogether good results if eaten every day. Besides, our Group I contains at least eight or nine protein foods, and some of these lend themselves to blending with other kinds of things, so our salad a day can be accompanied by any one of a variety of cold savouries.

It is not *essential* to prepare a cold savoury to go with salad, because grated cheese, or wheat-germ (sold as 'Froment' by Health Stores), or whatever kind of shelled nuts are available, or peanut butter (so called), or canned nutmeat—none of which require preparation—make pleasant additions for giving the course balanced nourishment.

Nevertheless, many people like variety, and a tasty cold savoury can give a delightful finish to a salad course, on some days, and especially when entertaining friends or newcomers. Most of the savoury main dishes in the previous chapter are suitable for serving cold with salads.

In addition, the following are examples of cold savoury dishes prepared as such.

47. Sour-Milk Cheese

Town-dwellers are often short of milk, but sometimes when a number of persons are living together there is a surplus. Countryfolk who have their own goat or cow are usually better off in this respect.

The *best* sour milk is derived from milk that has been neither pasteurised nor boiled. But I have often produced it with the pasteurised product that as a town-dweller I have to put up with.

Put milk into a pudding basin and place over it a piece of muslin, to the edges of which beads have been sewn so that it stays in position. This lets in air but keeps out dust. The milk must not be covered with anything solid like a saucer.

In cold weather stand the basin in a moderately warm place.

After 24 hours it begins to thicken. It can be used in this form, of course, by those who like the flavour, and is specially good on stewed fruit or stewed dried fruit.

But to make cheese, turn the thick sour milk into a clean muslin bag and hang it up over a bowl to allow the liquid whey to drain away. When it is fairly free from liquid, turn it out on to a saucer or plate, place another saucer over it, with a weight of some kind on top.

Alternatively, mix into it some flavouring, such as fresh tomato pulp, or chopped chives or parsley, or any other preferred garden herbs.

48. Soya Cheese

4 dessertspoons soya flour.
2 dessertspoons milk.
½ teaspoon Yeastrel.

Warm the milk and dissolve the Yeastrel in it. Mix slowly into the soya flour, making a thick paste, adding a little more milk if necessary.

Tomato pulp or chopped chives make it more tasty to those who like these flavours.

This can be eaten as it is with salad, or spread thickly on wholemeal biscuits, or as a sandwich filling. A little chopped fresh mint adds piquancy.

49. Gelozone Cheese Shape

1 level teaspoon Gelozone.
1 tablespoonful soya flour.
3 tablespoons grated cheese.
1 tablespoon freshly chopped mint.
½ pint vegetable stock, milk or water.

Mix Gelozone smooth in a little of the liquid. Add soya flour and cheese and mint and remainder of liquid. Mix well and then heat gently over low heat until all is smooth, and then until it just begins to bubble. Stir in mint, and pour all into a wet mould or deep dish, cover and allow to set. Serve with salad. It is less likely to stick to pan if a small knob of fat is first melted in the pan, and if stirred continuously.

50. Egg and Beetroot Galantine

½ pint raw beetroot juice.
½ pint fresh milk.
A little minced raw onion.
1 lb. cooked peas.
2 eggs.

After washing away the earth, grate raw beetroot on a vegetable grater, put the grated pulp into a square of strong muslin, gather up the corners, and squeeze.

Beat the eggs, warm the milk, pour on to eggs. Stir over gas (or steam in a basin in hot water) until the mixture thickens. Add onion and cold raw beetroot juice. Pour all this on to the peas. Allow to set, then turn out on to a dish and serve with green salad.

51. Egg and Carrot Galantine

The method is the same as in previous recipe except that raw carrot juice replaces beet juice.

52. Gelozone Sour Milk Shape

2 tablespoons thick sour milk.
4 tablespoons cold water or vegetable stock.
½ teaspoon Gelozone.
2 tablespoons grated cheese.

Mix Gelozone smooth with cold water or stock. Put into small enamel pan, bring to boil and stir well. When it has cooled, stir in other ingredients and beat with fork. Then turn into a wet mould or pour into individual glasses. Cover and allow to set.

53. Nutmeat Brawn

Mix 2 level teaspoons Gelozone smooth with 2 tablespoons cold water. Add ½ pint water or vegetable stock, 1 rounded teaspoon Vecon or Yeastrel, 1 teaspoon chopped fresh parsley, 1 teaspoon chopped mint (or instead of these, 2 teaspoons mixed dried herbs). Put into small enamel pan and bring slowly to the boil, and continue simmering for two or three minutes, stirring well to make sure Vecon dissolves.

Open a tin of either Saviand or 'Granose' soya nutmeat at both ends, run a knife round the contents, and push the nutmeat out. Cut into half-inch squares. Put these into a wet mould or basin and pour in the Gelozone liquid. Cover and allow to set.

Many variations on this simple dish can be made by using also cold cooked peas, diced cooked carrot, etc., in addition to nutmeat.

54. Savoury Egg Jelly

Boil 2 eggs till just firm. Prepare Gelozone as in previous recipe, with Vecon, but instead of herbs use curry powder to taste, and one 'clove' of garlic chopped small. Cut eggs into slices, put them in a wet mould and pour in the liquid. Allow to set.

55. Egg and Tomato Jelly

The method is the same as in previous recipe, except that sliced (or peeled and pulped) tomatoes replace curry powder.

A Note on Carrageen or Irish Moss

This is an edible seaweed that has long been a peasant food on the west coast of Ireland. It is a remarkably good food, both because of its richness in mineral elements (including organic iodine) and its peculiarly soothing and healing texture after it is cooked. Gelozone—mentioned in previous recipes—is finely ground carrageen.

Irish moss is often on sale in packets.

It is a little more trouble to prepare than Gelozone, but naturally costs less to buy.

It is so light that it is impracticable to give instructions by weight. An eggcupful pressed down is about right for half a pint of liquid, but a little experiment will soon enable anyone to gauge the best proportion.

First with scissors nip off any black pieces or tiny seashells, then wash quickly in cold water. Then boil it in water or vegetable stock. Not all of it dissolves, so the undissolved shreds can be picked out with a fork, the clear liquid being used.

This liquid can then be flavoured in many different ways. Or the carrageen can be gently cooked with milk instead of water, which, by the way, makes a really wholesome blancmange, very different from the starchy stuff that usually bears that name.

A little experimenting will show what amount of carrageen is sufficient to give a fairly set result, though a stiff jelly cannot be produced, that is, not the same texture as what is usually meant by jelly.

56. Carrageen Egg Jelly

Cook eggcupful of carrageen and strain, as above described. Add to strained liquor a beaten egg (or equivalent liquified dried egg, making sure it is perfectly smooth) and 2 tablespoons of the creamy top of milk, 1 teaspoonful of chopped fresh mint and one or two peeled and pulped tomatoes. Return to enamel pan, and stir over low heat till smooth. Then pour into wet mould and allow to cool.

57. Carrageen Cheese Savoury

Proceed as for previous recipe, but dissolve half teaspoon Vecon or Yeastrel in the water or stock, and when the liquor is strained off mix with 2 tablespoons grated cheese (instead of egg), pour into wet mould and allow to set.

58. Soya Salad Dressing

3 tablespoons soya flour.
3 dessertspoons milk.
1 dessertspoon chopped chives.
1 dessertspoon chopped tarragon or mint.
1 teacup cold water or vegetable stock.

Mix soya flour and dried milk, add chopped chives and herbs. Mix carefully with the cold liquid. Stir over low heat from 10 to 15 minutes; pour into a bowl and allow to get quite cold. Then stir in small teaspoon paprika.

59. Horse-Radish Dressing

½ pint milk or vegetable stock.
½ teaspoon Gelozone.
Grated horse-radish to taste.

Make smooth paste with Gelozone and a tablespoon *cold* water and milk. Add liquid. Bring to boil and simmer till dissolved. Add grated horse-radish.

7. How to Cook Vegetables

APART from those few vegetables—such as potatoes, carrots, parsnips, beetroots, swedes—which contain either starch or sugar, the outstanding food value of vegetables is in their mineral elements and vitamins. These are essential for good health.

Quite apart from vitamins and minerals, however, the non-irritating fibre of all vegetables is of great importance, not because it has nourishing value, but because it helps waste-matter in the large bowel to be bulky and readily moved on towards the exit.

It has been proved by many tests that the method of cooking that least affects the vitamins in vegetables is *quick boiling in as little water as possible.* Long, slow cooking has the opposite result. But worst of all is the still-customary method of cooking in a lot of water and pouring this water away when the vegetables are ready.

The mineral elements in vegetables tend to pass into the water in which they are cooked, some more quickly than others. So if the coarser vegetables are not sliced and chopped, and much water is used, the loss is greater. And if vegetables are overcooked, as they often are, there is serious loss of both value and flavour.

The addition of soda to keep the colour of greens has a most damaging result on food value. It is quite unnecessary, for quick cooking does not spoil the colour.

Although salt is recommended by the Ministry of Food, it is not needed, except as meeting a craving for a salty taste which is still widespread and is due mainly to the introduction of salt in children's food from early years. Common salt is sodium chloride, and sodium chloride is present in all unspoiled foods in varying proportions. Celery and Irish moss contain the most.

Some root vegetables—particularly potatoes, artichokes and parsnips—are equally well cooked by dry baking without peeling.

There is almost a mania for peeling everything. The belief seems to be that a dark skin is bound to be nasty or that its presence spoils the look of a vegetable. Such notions are due to lack of information. The mineral elements tend to be more concentrated in and near the outer parts of root vegetables.

Turnips, when large, and swedes must be peeled because the skin is tough. But even the thin skin of carrots should be retained by scrubbing instead of scraping.

In spite of official statements to the contrary, there are considerable risks in using aluminium pans. The subject is fully examined in my *Why Aluminium Pans are Dangerous.** So every effort should be made to get strong enamel saucepans for boiling.

If there is no enamel saucepan in the kitchen and delay in getting one, the cut-up or shredded vegetable can be put into a pudding basin with half a cup of water, standing the basin in an aluminium saucepan with water coming about half-way up the outside of basin. Cover saucepan and cook as quickly as possible. To avoid risk of the basin cracking, it should be stood on a wire grid or anything that will raise it slightly.

Fireproof earthenware and glass casseroles are good, partly because they are placed directly on the table and thus save 'dishing up' and washing up. High-pressure cookers, when obtainable, are a boon to busy persons. They cook very quickly and retain all the goodness.

Cooked vegetables should not be reheated, but any left-overs used as part of the next salad. The one exception is that cold mashed potato is a good ingredient for a savoury nourishing main dish.

ARTICHOKE (Tuber). Scrub, do not peel. Either bake dry like potatoes or cut in thick slices and boil quickly in very little water.

BEETROOT. Those who have a kitchen garden or allotment should grow the round variety, as they take less time and fuel to cook and are usually better in flavour. Scrub off earth and twist off the tops. Take care not to break the skin. (If freshly

*Daniel, 1s.

pulled, the leaves make an excellent green vegetable, similar to beet-spinach, and turn green in cooking.) Cook roots in large enamel pan. To decide when they are ready, lift out the largest one and if the skin rubs off easily the inside should be ready. Put the red liquor left in pan on the open soil or on the compost heap. Remove peel only from those to be used that day.

BEET-SPINACH and Seakale Beet. Keep the smallest leaves for salad. Remove the stalks of the larger leaves and put these stalks in stock-pot, or cook them separately. The leaves cook very quickly and need very little water to start them. Do not mince. Do not overcook. Drain and press well before serving, saving the juice for stock (see note on Vegetable Stock on page 23).

BROAD BEANS. If the pods are clean and not affected by black fly, put them into stock pot. Cook the beans quickly in a minimum of already boiling water or stock. Save liquor as an excellent basis for soup.

BROCCOLI (Purple or White Sprouting). Wash well in cold water. Then strip the leaves off the fibrous stems, putting the latter in stockpot. Cook leaves, with the small rosettes, in boiling water or stock. Save liquor for stock or soup.

BRUSSELS SPROUTS. Remove outer leaves if decayed or frosted. Cut sprouts in halves or partly so. Put these in bowl of cold water to which a little salt has been added and let them stand for about 10 minutes to bring out any tiny insects. Then rinse well in cold water and put into enamel pan containing fast-boiling water or stock. Do not overcook; they are much more delicious if firm when served; 10-15 minutes is enough.

CABBAGE (any kind). Remove any decayed outer leaves. Cut into four quarters from top to bottom. Save crisp centre for salad. Wash thoroughly. Then with sharp knife slice finely. Have ready enamel pan with fast-boiling water or stock, not more than a cupful unless the quantity of cabbage is more than usual. Put on lid, give the pan a shake now and again. Cook quickly till just tender, no more.

CALABRESE. This is the most delicate of the broccoli family. It produces a number of miniature green cauliflowers in succession over several months. The stems are easily peeled and are then cooked with the leaves and 'flowers', the larger leaves being first torn or cut into small pieces.

CARROTS. Do not scrape, but scrub away earth and cut out ny dark patches and the green tops. Cut in strips or chunks, ut into fast boiling-water or stock, cover and cook quickly. ave liquor. If freshly pulled from garden, the green foliage an be washed and put into stock pot.

CAULIFLOWER (and Winter Broccoli usually sold as Cau- lower). Remove any decayed stalks. The remainder of leaf talks, after removing the green leaves (which are cooked with he white 'curd') can be cut up and cooked separately or put n stock pot. They take longer to cook than the 'curd.' Cut way the coarse outer part of the stump, cut this up and cook t with the 'curd'. The latter cooks more quickly if the lowerets are separated. Cook only just enough to keep this egetable firm. Mushy cauliflower is poor stuff and no better or being smothered in white sauce! Sprinkle with chopped nint or parsley when ready.

CELERY. The crisp centre stalks are, of course, superb salad material. For cooking the rest, cut out brown patches and wash thoroughly. Then cut into squarish pieces. Put these, with the peeled stump, cut into cubes, into fast-boiling water or stock, cover pan with lid, and cook quickly, but keep an eye on it, as this vegetable takes longer than some, and a little more water may be needed before it is ready. The green tops of stalks can be best used for the stock pot.

CELERIAC. Cut away the tangled root fibres but do not peel, merely scrub away earth. Then cut in not-too-thin slices and cook in boiling water or stock. This vegetable cooks quickly, so only a very little water is needed. When freshly pulled, the green tops are excellent in salad.

FRENCH BEANS (Haricots Verts). When grown in the gar- den, pick when quite small, say 2 or 3 inches long. No peeling is then needed and they are cooked whole. If larger than this they need paring but not slicing.

GARLIC. This is used solely as a flavour, and then only in very small amounts. A bulb consists of a number of sections called 'cloves'. One of these 'cloves', or less, is cut small and mixed into savoury dishes, or into a mixed salad, or added to soup not more than 5 minutes before serving.

GREEN PEAS. The pods, when washed, and if sound, are valuable for stock. Put the peas into fast-boiling water with (if possible) some leaves of mint. The amount of water depends

on whether the peas are young and tender or more mature. In no case use soda or salt. If boiled quickly they retain their colour. Any liquor left is delicious.

KALE. This is perhaps the toughest of the green vegetables, due to the fact that it is very hardy and stands up to very cold weather. After washing thoroughly, strip the leaves from the tough stems, putting the latter in the stock pot. Tear or chop the larger leaves. Put into fast-boiling water or stock, cover, and keep boiling fast, adding a little more water if necessary.

LEEKS. Apart from the root fibres and any decayed patches, every part of this excellent and hardy vegetable is edible. The centre imparts pungency and "warmth" to a winter salad. The rest should be cut up or chopped, but not finely, and put into boiling water or stock. Put on lid and cook quickly, but only till tender or the flavour will depart.

MARROW. When quite young and not longer than say 6 or 8 inches, there is no need to remove peel or seeds. The latter are perfectly wholesome and, like all seeds, contain good nourishment. Young marrow can be baked whole in the oven, or cut into thick rounds and boiled quickly in very little water till just soft enough. Larger marrows must be peeled and the seeds and peel put into the stockpot. Cut into chunks or rounds and cook quickly in a little boiling water, sprinkling chopped parsley over the vegetable when served.

ONIONS. Cut away the brownish bottom, and peel. Slice and cook quickly in a little boiling water. It is quite a good idea, for those who like the flavour of this vegetable, to slice an onion into any winter vegetable about ten minutes before the latter is ready.

PARSNIP. Cut out top and remove root-fibres, but do not peel, merely cut away any discoloured or decayed patches. Cut into rounds or cubes and either bake in the oven or cook in boiling water or stock till just tender. Baked parsnip, like baked artichoke, is often a pleasant surprise to those who do not care for its flavour as commonly served.

POTATO. With the present scarcity of fat, deep-frying is impracticable, though it produces an excellent dish. For other methods, do not peel; but be careful to cut out any dark patches, which do not always show themselves on the surface. Quickly boiled unpeeled potatoes can have the skin removed when ready, as it is likely to be too soft to be chewed. But dry

oven-baked potatoes have a crisp skin which should be enjoyed, for it has a lot of flavour and much value. Be sure to break the skin when they are taken out of the oven to allow the steam to escape, otherwise the inside will be less floury and attractive.

SALSIFY AND SCORZONERA. Keen kitchen-gardeners of an adventurous temperament should grow one of these closely related root vegetables, for the flavour is distinct and delicate. Care must be taken when washing and preparing the roots to prevent discolouration. After cutting off the tangled root fibres, scrub away the earth and cut into 2-inch pieces, dropping these one by one into a bowl of cold water. Cook quickly in boiling water, or bake in covered casserole in oven with a little fat. The graceful green tops can also be cooked or put into stock pot.

RUNNER BEANS. Pare with sharp knife, but do not trouble to slice into fine strips, larger pieces are just as nice. Cook quickly in fast-boiling water or stock, and save liquor for soup. Put parings into stock pot.

SPINACH. Wash in two lots of cold water, removing any decayed leaves. No water is needed in pan, as what clings to the leaves after washing starts the cooking. Only a few minutes boiling is needed. On no account do anything else to it. Mincing and sieving and flouring make a mess of an excellent vegetable.

SWEDE. Peel and then cut into chunks or slices. Cook in fast-boiling water or stock. Save liquor. Then either mash or toss in a little fat or margarine before serving.

TURNIP. Quite young turnips need no peeling. Merely cut in half, or, if quite small, cook whole, in fast-boiling water. Older turnips must be peeled and cut into chunks and then cooked, and perhaps mashed with a dash of ground nutmeg or tiny bit of Yeastrel.

TURNIP TOPS. Especially when gathered fresh from the soil, this, in my opinion, is one of the best of green vegetables. But strip the leaves from the larger stems, putting the latter in stock pot. If these stems are left on, the vegetable gets overcooked by the time they are soft.

Salads All the Year Round

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Why Salads are All-Important

EVEN before the discovery of vitamins, the pioneers of modern food reform were urging the daily salad of raw vegetables. They pointed out that all the flavour and value of a vegetable was retained when it was eaten raw. They drew attention to the fact that edible plants were specially important to good health—and to the removal of ill-health—because they so richly supplied the mineral substances needed by the body, and especially the alkaline or acid-neutralising substances, in a form suitable for easy assimilation into the blood.

These alkaline mineral elements are potassium, calcium, iron, magnesium and sodium, all of which are esential to the body's nutrition and self-cleansing.

Forty years ago the idea of eating *nothing but* raw food was put forward by enthusiasts, and although this was an extreme policy it helped to get the idea across that cooking can be overdone. At that time, in England, salads were eaten only as summer dishes, and vegetables were cooked in an extremely wasteful way. Since then there has been some degree of improvement, not among the majority, but at least in thousands of homes; and today the idea of salads at other times than summer is not generally regarded as mad or even silly. Nevertheless, there are millions of folk who do not know the possibilities of Salads for All Seasons, in spite of the publicity given to vitamins.

Raw vegetable salads are the best way to make sure of sufficient Vitamin C, for all green leaves (and edible roots to a less extent) supply this vitamin in abundance. This fact is of pressing importance now that imported oranges, lemons, etc., are in short supply, for Vitamin C is every bit as necessary in the colder months as at other times. And although the quick boiling of vegetables in a minimum of water, as contrasted

with either slow cooking or boiling in much water, retains a good proportion of this vitamin, there is always some loss.

Salads are Not a New-Fangled Idea

It is a mistake to suppose that salads are a modern idea. Long ages ago, before men discovered fire, such leaves and roots as primitive men ate were eaten raw. In historic times there is evidence that salads were known in India and Persia, while it was the Roman military and civil officials who introduced such salad vegetables as the radish and lettuce into Britain in the early centuries A.D.

During the Middle Ages the great monastic institutions cultivated a number of vegetables and herbs, some of which were eaten raw. In Tudor times 'sallets', as they were then called, were in use. But fashions change, and throughout the Victorian age the general tendency was towards more cooking and heavier and more frequent meals, with an ever-increasing consumption of refined sugar and flour, and of imported polished rice, cornflour and similar deficiency foods. It was this mania for refined sugar-starch foods and for heavy meat-meals that led the pioneers of food reform to attempt to call a halt in habits that were obviously producing all manner of chronic ailments and diseases.

Some of the Continental nations were more sensible, and with increasing travel and holidays abroad, the people of Britain gradually came to realise that salads were a pleasant and sensible form of food. Visitors to France and Spain noticed how frequently salads were served in homes and restaurants, while in the U.S.A. various diet-reform societies took up the idea from a health point of view, so that today raw vegetable salads, and mixed fruit and vegetable salads, are part and parcel of American food habits.

In Germany and Austria, the original home of what is now known as Nature Cure, the raw vegetable salad was popularised a little earlier than in these islands. The famous Swiss doctor, Bircher-Benner, did much to establish the all-importance of this aspect of food.

Some Practical Points

One of the great advantages of salads throughout the year, apart from their good influence on health, is that they lead to the discovery of *variety*. The Victorian notion of a salad was a

blend of lettuce, tomato and cucumber—just those three. It followed that when these were not in season or not procurable, no one thought of salad at all. Yet it is strange how some salad vegetables that used to be conventional items have gone out of favour. For example, endive at one time was considered the proper thing to serve with cold roast beef. But nowadays, greengrocers are often chary of offering this excellent vegetable, because so few of their customers (unless they happen to be foreigners or to have lived much abroad) know what to do with it.

This leads on to the question of what vegetables *can* be used for raw salad when lettuce, tomato and cucumber are not available. Well, quite apart from such salad materials as have very slowly been adopted here from the Continent (such as cornsalad and chicory), almost all the vegetables commonly regarded as needing to be cooked can be used, if one is willing to learn *how to prepare them.*

It is natural, of course, to suppose that the coarser kinds of green vegetables and roots, such as carrot, turnip, artichoke, must be cooked. There is no reason why they should not be, of course. But it was due entirely to food reform enthusiasts that all of these are now being used raw in salads in many households and in a few restaurants.

Another point is that for a long time it had been customary in many parts of Britain to have some one thing like watercress with the Victorian 'tea', but its virtues were usually cancelled by the mass of substantial food that made up that meal, for there had been nothing at all like the Victorian 'tea' meal before in English history! When tea first became a popular drink in the eighteenth century, it was usually taken apart from meals, and without milk and sugar, as it is in the East.

Again, celery was the conventional thing, in well-to-do families, to serve with cheese at the end of a massive dinner.

Food reform has brought watercress and celery—and mustard and cress—into the daily salad, where they belong, and to which, when they are in season, they give relish and variety.

In the last ten years or so, forced and blanched vegetables, such as seakale and chicory, have gained some recognition, but there are still many who insist on cooking them, which effectually removes their delicate flavour. But eaten raw, they are tender and delicious.

How a Garden Helps

Even a small garden, unless overshadowed by trees or high walls, is invaluable for giving variety to all-the-year-round salads, for it offers scope to the keen gardener to provide just those small and extremely valuable extras that shops rarely or never supply.* Thus chives, landcress, perpetual spring onions (sometimes called Welsh onions); while the old-fashioned culinary herbs—mint, parsley, marjoram, thyme, tarragon and the rest—are not difficult to cultivate, for all but parsley go on from year to year and are hardy.

It is worth noting that the salad herbs just mentioned are not only unattractive to slugs, but are far richer in both minerals and vitamin C than the lettuce on which most amateurs put their money. There is nothing against lettuce, of course, but the premier place it is commonly given is a relic of that same Victorian fashion referred to previously.

Most gardens acquire dandelions, owing to the highly successful method by which this plant broadcasts its seeds. Nobody wants dandelions in a grass lawn, but it is an excellent plan to allow a few plants to remain here and there in a border or at the edge of a path. Providing the flower-buds are picked immediately they form, the leaves can be picked from spring to late autumn and added to whatever salad may be served—not too many, for they are slightly bitter, but they are highly beneficial to health. The cultivated chicory is a close relative of the dandelion; in fact it is not difficult to bleach a large dandelion plant (taking care to remove flower-buds) by placing an inverted flower-pot over it. Bleaching reduces the bitter flavour and also, to some extent, the vitamin content, but does not affect the minerals.

Fears and Prejudices

There still lingers a fear that raw vegetable salads are likely to lead to intestinal worms, or that small insects can get into the stomach when vegetables are not cooked.

It is true that the watercress that grows wild can be infected with the eggs of a sheep parasite, but cultivated watercress is grown on thoroughly sound lines in running water, and although, as with other vegetables, it does sometimes have some tiny creatures on it when bought, these are easily removed by washing it under a running tap.

*See *Good Food from Healthy Soil* (Daniel 2/-).

As to other vegetables, reasonably careful washing is adequate. Generally speaking, most salad materials should be washed twice, the first time to remove decayed leaves, stalks, etc., and earth, and again for final cleansing.

How to Serve Salads

It used to be considered right to cut up everything before mixing a salad in a large bowl. Radishes were finely sliced, cucumber was peeled and then cut very thin—a procedure that made it almost certain that these vegetables would be insufficiently masticated, and thus built up their reputation of indigestibility. Lettuces used to be sliced up, which did much to spoil their delicate leaves.

The modern way is to interfere with the ingredients very little. Even the salad bowl is often discarded, a salad being arranged on the individual plates.

Where several people are sharing a meal, however, it is a good plan to serve the more unusual or pungent items in a separate dish so that each can take what he fancies.

A large colander is worth getting, for when the ingredients have been washed they can be put into this, covered with a plate, and then well shaken, for no one likes a puddle of water in a salad bowl or on the plate. In France they use a wire basket which is swung round and round to get rid of all moisture—out of doors, naturally.

Cold Cooked Vegetables in Salads

When materials are scarce, or at other times, it is useful and wholesome to include some cold cooked potato, or peas, or broadbeans, or beetroot, or cauliflower. This is what used to be called (when served with mayonnaise), Russian salad. English canned peas or carrots and American baked beans are useful sometimes as additions when there is not enough raw stuff to go round.

There is an old bad tradition of the British kitchen that cooked beetroot must be soused in vinegar. This probably had its origin in the fact that cooked beetroot soon 'goes off'; while the sweet flavour may also have had something to do with it. But vinegar, which is acetic acid, is not a really satisfactory thing to put into the stomach, and should be used, if at all, very sparingly.

Fruit in Vegetable Salads

The idea of including fresh or canned fruit, or cooked dried fruit, in salads came from the U.S.A. It is worth considering, if only from the point of view of interesting new blends of flavour and appearance.

Freshly sliced dessert apples or pears, for instance, combine well with chopped celery; stewed prunes (without the juice) with slightly bitter vegetables, such as endive and chicory.

A List of Salad Ingredients

It is not commonly realised that salad vegetables consist of different parts of plants, and even some fruits commonly thought of as vegetables.

The available ingredients consist of leaves, stems, roots, bulbs, fruits and seeds.

Thus tomatoes, cucumber, marrow are fruits; celery is a stem; onions, shallots and garlic are bulbs; nasturtium seeds speak for themselves, and very piquant they are; radishes and celeriac are roots, along with carrots, turnips, beets, etc.

A salad, therefore, can consist of any combination of leaves and roots, or of stems and leaves, or indeed of any combination of whatever is available. There is therefore a wide field for adventure and experiment.

It is not suggested that all the ingredients given here are always to be had in shops in the months indicated, nor that everyone who has a kitchen garden can find room for them all—that depends on the size of the plot. But it will serve to show how varied are the possibilities.

January to March	Jerusalem artichoke, broccoli shoots, cabbage, beetroot, carrot, cornsalad or lamb's lettuce, garlic, kale shoots, leek centres, onion, parsnip, winter radish, shallot, swede, watercress.
April to June	Early carrot and carrot thinnings, chives, early beet and beet thinnings, curd of cauliflower, late broccoli shoots, dandelion, lettuce, mint, marigold leaves, lemon balm, marjoram, spring onion, radish and radish tops (when freshly pulled), spinach, beet-spinach, young turnip tops and thinnings, tarragon, thyme.

July to September	Beet and young beet leaves, cabbage, cucumber, carrot, chive, dandelion, lettuce, landcress, marigold leaves, marrow, mint, nasturtium leaves and seeds, garlic, onion, radish, spinach, beet-spinach, tarragon, turnip, shallot, tomato.
October to December	Jerusalem artichoke, beet, beet-spinach, celery, celeriac, carrot, cabbage, dandelion, endive, landcress, chives, red cabbage, cornsalad (lamb's lettuce), chrysanthemum leaves, leek centre, garlic, asparagus-kale shoots, calabrese shoots, radish and winter radish, swede, turnip, brussels sprouts.

There is, of course, no need to aim at making salads consist of many different ingredients. One should aim at simple blends and as much variety from day to day as practicable, including one or other of the herbs as often as possible.

Preparing Salad Vegetables

Curly Endive. Cut off root. Hold plant upside down and pull off decayed outer leaves. Plunge into cold water and rinse well. Then pull leaves apart and wash thoroughly in another lot of cold water. The outermost dark green leaves are somewhat bitter, so should be introduced into a mixed salad with discretion. The inner blanched leaves are, however, to everyone's taste.

Lettuce and smooth-leaved Batavia Endive. Remove any decayed outer leaves, cut off root stump. Immerse in cold water. Pull larger leaves off and run finger or thumb along centre to remove earthy grit. Gently open up centre and rinse. Lift all out into a colander. Plunge this is a fresh lot of clean water and shake well

Watercress, Landcress, Cornsalad. Nip off straggly roots of watercress and decayed leaves; then rinse well in two lots of cold water or under running tap. Landcress and Cornsalad need only one good rinse in cold water, after removing roots.

Kale and other Winter Greens. Use the smaller shoots by preference. Nip out the tough leaf stem. Rinse well in cold water.

Brussels Sprouts. Peel off outer leaves if frozen or decayed. Cut sprouts in halves or quarters (unless very small) and rinse

well in cold water. Should they be infested with tiny insects, let the halved or quartered sprouts lie in cold water in which a little salt has been added, for not more than 15 minutes. Then lift out and shake in colander.

CABBAGE (white or red). Unless the cabbage is very small and tender, use only the heart, and keep the larger outer leaves for cooking. Cut the heart from top to bottom into quarters, cut out the hard centre rib. Rinse well under running tap and then shake well. If there are small insects, do the same as for brussels sprouts (above). Just before serving, slice the cabbage heart into very thin slices or shreds with a sharp knife. Do not grate, as this spoils the appearance and texture.

SPINACH, BEET-SPINACH, DANDELION, NASTURTIUM and other green leaves. Simply rinse in cold water.

ROOT VEGETABLES. Artichokes, carrots, radishes, young turnips—scrub, but do not peel or scrape.

Swede and larger turnip must be peeled.

Celeriac: cut off the tangled root fibres, scrub, but do not peel.

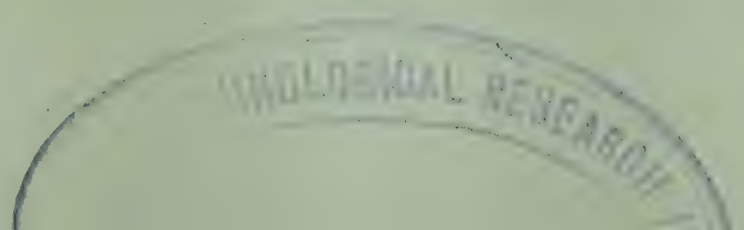
Beetroot, if used raw, should be scrubbed and perhaps thinly peeled, though this is not necessary when they are young.

Winter radish (Black Spanish or China Rose): remove coarser or decayed leaves but use the smaller leaves as green-stuff; do not peel, merely scrub.

Parsnip: cut out any decayed patches, but do not peel.

With the exception of ordinary radishes (long and round), roots require to be grated or, if no grater is to be had, cut into the thinnest possible strips. *It is essential* that roots should be grated shortly before serving, as otherwise the vitamin C is affected, and the colour deteriorates.

CELERY. Cut away any decayed parts, but keep everything else. Cut off the brown coarse layers from the stump, and grate this stump as for roots (see above). Pull off the outer, coarser stems and use these as a cooked vegetable or for soup. Don't waste leaves, merely remove decayed parts. Wash all in cold water, using a stiff brush. Then stand the centre stems in a jar with just a little cold water in it. For some queer reason many people leave the tender green leaves uneaten, but they are delicious.



LEEK. Cut off root fibres and any decayed leaves or leaf ends. Cut leek in two, lengthways, and wash well in cold water, opening up the folds to make sure of cleaning away the earth that often gets inside. Use the centre, including the tender green part, chopped up in salad. The rest is for soup or a cooked vegetable.

ONION, SHALLOT, GARLIC, SPRING ONION. Peel off brown skin, cut away root fibres, and wash in cold water. Use the green tops of young onions, and also the green shoots on any stored onions that have just started to grow. Do not peel more onions than are required for a given salad, as the peeled onion readily absorbs impurities. Only a very small piece of garlic is usually liked in a salad and it should be cut as small as possible. Do not grate onion, merely cut in strips.

THINNINGS OF GARDEN-GATHERED TURNIPS, BEET, CARROT, ETC. Nip off rootlets and rinse quickly in cold water.

MUSTARD AND CRESS. One way is to hold a handful gently in one hand, under a running tap, to get rid of earth and seeds. Another is to put into a bowl of cold water and with the hand swing the water round, as this helps the seeds to move to the outer edge; the cress can then be lifted out into a colander. Always wash this salading shortly before use.

GARDEN HERBS. Lightly rinse in cold water.

CAULIFLOWER, PURPLE BROCCOLI. After washing and cutting away any brown patches, use the white 'curd' of cauliflower either in small flowerets or chopped or grated. The Broccoli flowerets only need washing in cold water, but remove the rather tough stems.

CUCUMBER (Outdoor and Hothouse). Rinse in cold water, and cut in chunks. Do not peel. Do not cut in wafer slices. The peel contains valuable minerals and vitamins. Paper-thin slices slip down unchewed and may therefore 'repeat'.

MARROW. Peel thinly and cut into strips or grate. The younger the better.

TOMATO. This fruit is often served over-ripe when, strange to say, it is rather acid. It is in perfect condition when well coloured and when it cuts clean and not soft and pulpy. On the whole it is best to return the skins to the plate, as they are almost impossible to chew small. There is no harm, but plenty

of good, in the seeds, even when—in an all-in compost heap—they may germinate and provide new plants for the next season!

Salad Dressings

The idea of adding a cold sauce or 'dressing' to salads seems to have originated in Spain and France. It must be remembered that both the peasantry and small townsfolk in both these countries have had their food habits powerfully influenced by periods of great scarcity, and even famine, in the past. Thus, during the Hundred Years' War at the close of the Middle Ages, the poorer people in France were at last reduced to seeking food in the fields and woods and thus gradually acquired ways of making simple and even crude materials palatable. Moreover, the olive tree has been cultivated in Mediterranean countries from time immemorial, so that oil was an established item. Thus it came about that a mixture of olive oil and cheap wine or wine vinegar, with pungent additions such as mustard-seed and garlic, became the customary thing to improve a dish of wild or cultivated herbs. Then it was discovered that if raw egg-yolks were beaten up and olive oil added very gradually, with flavourings, they produced a smooth rich sauce for salad, and of course made the dish sustaining. This was mayonnaise.

So when the salad ideas of the Continent filtered increasingly into Great Britain, mayonnaise came with it. In due course this type of dressing was prepared by wholesale manufacturing firms, though it is probable that thickening starches such as cornflour were, and still are, to varying degrees used in place of egg-yolks!

The Victorian cruet had containers for oil, vinegar and mustard, and these three were as much as our island intelligence could grasp for a long time.

Food Reform, however, introduced the idea of lemon juice in preference to vinegar; and finally, in the years between the two world wars, one or two brands of mayonnaise were produced commercially, based on the combination of nut-oil, egg-yolk and lemon juice.

At the present time, salad oils are scarce and costly, and lemons are only rarely to be had. Recipes 58 and 59 are ideas worth trying. If, however, either grated cheese or a simple cold savoury meatless dish are served with a salad, a dressing becomes of less importance. Recipes for cold savouries to serve with salad are given in Chapter 6.

Specimen Spring Salads

1. Watercress, grated raw carrot or carrot thinnings from the garden, mustard and cress, spring onions.

2. Lettuce, beetroot (cooked or young roots grated raw), mint.

3. Late Broccoli shoots, leek centres, marigold leaves, parsley.

4. Finely sliced or shredded (not grated) cabbage, dandelion leaves, grated raw turnip (or swede or parsnip).

Specimen Summer and Autumn Salads

1. Lettuce, cucumber, tomato, mint or marjoram.

2. Landcress, spinach, radishes (with green tops if freshly pulled).

3. Grated young marrow, lettuce or endive, young onions, raw apple (thinly sliced).

4. Lettuce, nasturtium leaves (and seeds), beetroot (cooked or raw and grated).

5. Finely sliced cabbage heart, chopped celery or grated celeriac, parsley, soaked sutanas or washed dates.

6. Cauliflower curd (broken up into small flowerets), tomatoes, grated raw carrot, cold cooked potatoes.

7. Lettuce or endive, any kinds of small thinnings from the garden, dandelion leaves, one small 'clove' of garlic, finely minced.

Specimen Winter Salads

1. Batavia endive, leek centre, sliced apple or pear.

2. Seakale, Hamburg parsley (with the grated root of this vegetable), beet-spinach or brussels sprouts.

3. Grated Jerusalem artichoke, finely sliced sprouts or red cabbage, watercress or landcress.

4. Cornsalad (or lambs' lettuce), chopped celery, grated carrot.

5. Chicory (or bleached dandelion leaves), shredded cabbage, cold cooked prunes (or sultanas or dates or sliced raw apple).

Instructions for the preparation of the ingredients mentioned above are given on previous pages, also suggestions for adding some kinds of cold cooked vegetables to raw materials.

9. Wholesome Sweet Dishes (Hot)

60. Stewed Apples or Pears with Sultanas

By combining sultanas (previously washed in hot water) with apples or pears, much less sugar is needed. Chopped stoned dates can also be used in the same way. If prunes are used they should be cooked first, as they take longer than apples.

61. Steamed Potato Pudding

6 oz. wholemeal flour.
2 oz. brown bread crumbs
4 oz. raw grated potatoes.
4 oz. fat.
1 teaspoon ginger or spice.
1 tablespoon brown sugar.

Mix flour, sugar, crumbs and spice together, then rub in the fat, lastly the raw potato. Mix to a firm dough with a little cold water, turn into greased pudding basin, cover, and steam for 2 hours.

62. Black Bertha

4 oz. cake, biscuit, or breadcrumbs.
1 heaped tablespoon black treacle.
1 bar grated plain chocolate, or 1 dessertspoon of good cocoa.
1 dessertspoon brown sugar if cocoa is used, 1 teaspoon if chocolate is used.
1 small teaspoon mixed spice.
1 oz. margarine or cooking fat.
¾ pint milk, or milk and water.

Mix crumbs, grated chocolate and spice together. Warm milk, treacle, sugar and margarine, and pour on to the dry ingredients. Mix all together, put into a greased shallow dish and bake in a slow oven for about 25 minutes.

63. Semolina and Sultana Sweet

Wash a tablespoon of sultanas and let them soak overnight in just just enough water to be absorbed. To 1 pint of milk or water add 1 beaten egg or equivalent dried egg. Put this into enamel pan and bring just to boil. Then sprinkle in 2 tablespoons semolina, turn heat down low and continue to cook gently, stirring continuously, until all is smooth like a custard. Then add sultanas and turn into dish to cool. Or it can be served hot. No sugar is needed. To avoid continuous stirring it can be done in a porringer or double-pan saucepan.

64. Oatmeal and Apple Pudding

3 tablespoons rolled oats.
About ½ pint cold water.
Brown sugar. A few cloves in a muslin bag.
Apples, peeled, cored.

Cook oats as for stiff porridge. Have ready some raw, finely sliced apples. Put in a generous helping, add a little margarine and cook until fruit is soft. Or it can be baked in a greased dish until lightly browned.

65. Barley with Dates

½ teacup pot-barley.
½ lb. dates, washed, stoned and chopped.
1 pint water.
Pinch of mixed spice.

Mix dates, barley and spice, cover with the water, bring to boil, then simmer until the grains are swollen and soft and the water is absorbed. It is best to use a double-pan saucepan or to cook in a slow oven.

66. Apple Charlotte

Cook cored, peeled, and sliced apples with whatever sultanas or dates or seedless raisins can be spared, washing the dried fruit first. No sugar will then be needed. Add whatever spice is liked and turn into pie dish. Add a good layer of brown breadcrumbs or wheat flakes and a few small knobs of fat. Put in oven just long enough to heat through to crisp the covering.

67. Baked Apples with Prunes

Select large sound apples, making rather large holes in the centre. Fill with chopped stoned prunes that have been soaked overnight or for several hours. Place more prunes round the apples, put a cover on the tray or dish and cook in moderate oven until soft.

Other dried fruits can replace prunes when these are unobtainable.

68. Apple Batter

Make batter with 4 oz. wholemeal flour, 1 egg (or equivalent in dried egg) and ½ pint of milk or water. Put flour in bowl first, then add egg and milk and beat well. Allow to stand for at least an hour, if possible.

Cut ½ lb. peeled and cored apples into thin slices. Sweet apples are best, as then no sugar is needed.

Mix apple with batter, turn into greased pie dish or baking dish and cook in medium heat till the batter rises and browns.

69. Novel Prune Dish

Weigh 1½ lb. of mashed cooked potatoes. Add 1 tablespoon of brown sugar, 1 tablespoon dried egg and ½ lb. prunes, previously soaked, stoned and chopped. Mix all ingredients with a little milk or prune juice. Press into a greased shallow baking dish and bake for about 30 to 35 minutes.

A little ground clove mixed with the potato and egg before fruit is added is an improvement.

70. Sweet Soya Pancakes

1 tablespoon soya flour.
1 tablespoon wholemeal flour.
1 teaspoon sugar.
1 (or less) teaspoon of ground cloves.
1 egg.
1 teacup milk.

Mix flour, spice and sugar. Beat egg and add to milk. Sprinkle in the flour and heat well. Allow time to let the mixture stand at least half an hour before cooking. Stir again before cooking. Grate some cooking apples with peel on, removing any bad parts, put into a saucepan with only a little water and some sugar, and cook till soft. Keep these warm. Fold into the pancakes just before serving.

This quantity makes two or three pancakes.

10. Wholesome Sweet Dishes (Cold)

71. Wholemeal Prune Tart

Dried fruit is often scarce, and only a little can be purchased, so we have to make it go as far as possible. Prunes combine well with wholemeal crust and provide a substantial sweet if made as follows:

Soak the fruit overnight in just enough water to cover it. Next day simmer in the same liquor, without added sugar, until tender.

Line a sandwich tin with wholemeal pastry, stone the prunes and lay over evenly. Melt 1 tablespoon of treacle with a knob of fat in a pan, add 1 tablespoon of prune juice, if any is left, and ½-1 teaspoon of ground ginger, stir together, pour over fruit. Cover with top crust. Make a small hole in centre to allow steam to escape and prevent treacle boiling over, and bake in a quick oven until brown.

NOTE.—Sultanas or seedless raisins can also be used in the same way for this recipe, first soaking them till well swollen.

72. Wholemeal Treacle Flan

Make a crust by mixing 2 oz. of nut fat or margarine and 2 oz. of raw grated potato into 6 ozs. of wholemeal flour, adding just enough water to make a *stiff* paste.

Place in a sandwich tin, put a thick layer of brown bread crumbs on this and pour over about ⅔ of a teacup of warmed brown syrup. If brown cane syrup cannot be purchased, use ⅓ black treacle and ⅔ golden syrup mixed together. Bake until crisp.

73. Gelozone Prune Custard

Take sufficient prunes required, soak overnight, then simmer till tender. Mix some peanut butter (as sold) with a little of the juice. Remove the stones and fill the cavities with this mixture. Place fruit in a shallow dish. Make a Gelozone custard as follows:

Mix 1 good teaspoon of Gelozone with 2 well-filled tablespoons of household milk (failing fresh milk) and sugar to taste, or better still, honey. Mix carefully with cold water and prune juice mixed, 1 pint in all, and stir over gas until it boils; then pour over prunes, cover and allow to set.

74. Soya Fruit Sweet

1 lb. any kind of soft fruit.
Brown sugar.
1 egg (or equivalent dried egg).
1 tablespoon soya flour.

Cook fruit gently in a little more liquid than usual. (This is assuming that usually very little water is used.) Add sugar when nearly done. It takes less this way. Mix soya flour to a smooth thin paste with some of the cooked juice, add the beaten egg and heat, then put this into the fruit. Stir over low heat for 5 minutes and pour into a dish, cover, and allow to set.

75. Cold Soya Sweet

2 tablespoons soya flour.
1 teaspoon Gelozone.
1 tablespoon sugar (brown, if possible).
½ pint bottled or canned apple juice, diluted with teacup of water.
½ teaspoon ground clove or mixed spice.

Mix Gelozone smooth with a little of the cold liquid, and allow to stand for 5 minutes. Then add rest of juice and the spice, sugar and soya flour. Mix well.

Melt small piece of fat in enamel pan. Pour in the mixture and cook *very gently* till it comes to the boil, *stirring carefully all the time.*

Pour into dish or bowl, cover and allow to cool.

76. Soya Gooseberry Fool

Cook fresh gooseberries with a little brown sugar in very little water. Mash smooth with wooden spoon. Then prepare soya and Gelozone as in previous recipe, but using water in place of apple juice and omitting flavouring. Mix all, cover and allow to cool.

77. 'Fru-Grains'* and Marrow Sweet

Add half a teacup of 'Fru-Grains' to about 1 lb. of previously cooked marrow.

Melt 2 oz. nut fat or margarine in enamel pan. Remove pan and put in 3 tablespoons of either black treacle or brown syrup, or 2 tablespoons of honey, and 1 teaspoon ground ginger or any other spice preferred, and the marrow mixture. Mix well and allow to stand some minutes to allow 'Fru-Grains' to swell. Then heat over low gas, stirring all the time, only just as long as will produce a smooth consistency. Then turn into a dish and allow to cool.

78. Fruit and Marrow Sweet

Any fresh fruit suitable for cooking can be used. Plums, damsons or blackberries are specially good.

Put equal amounts of freshly grated raw marrow and fresh fruit into enamel pan, adding half-pint of water for 2 lbs. of mixed fruit and marrow. Brown sugar according to fruit, damsons needing more than most other kinds.

When fruit is just soft enough to allow stones of plums or damsons to be easily removed, take these out, and return fruit to the pulp. Turn the mixture into a dish.

Drain off the juice. When it is cold, mix a little of it with 1 heaped teaspoon of Gelozone and then remainder of juice. Return this to pan and bring all to the boil slowly, stirring all the time. Then pour this over the mixed fruit and marrow, cover and allow to cool and set.

***Previously and for many years sold as 'Honey Grains.'**

79. Carrageen Milk Mould

Eggcupful carrageen (see notes on page 36).
3 medium-size cups of milk, or liquified dried milk.
Vanilla, almond or ratafia essence.

Prepare carrageen as described on page 36. Then cook gently in milk for about 20 minutes. Pour strained liquid into a mould, stir in flavouring, cover and allow to set.

80. Carrageen Fruit Mould

Proceed as for previous recipe, using the juice from cooked Morello cherries or damsons, or the fruit with its juice, and then pour into wet mould. These two fruits need a little brown sugar or honey when cooking them.

Another method is to cook the fruit first, and then the carrageen, which is better because the fruit needs cooking only for about 5 minutes. If the stones are removed before mixing with the strained carrageen liquor, the result is of course more attractive.

Other fruits can be used in the same way, such as apples, prunes, gooseberries.

81. Gelozone Junket

1 pint milk.
1 level teaspoon Gelozone.
Sugar and a flavouring to taste.

Make a smooth paste by very gradually adding a couple of tablespoons *cold* water to the Gelozone; to this add gradually one pint *cold* milk. Bring the mixture to the boil, stirring all the time, and simmer for a few minutes. Flavour to taste and pour into the glass dish in which the junket is served. Grate a small quantity of nutmeg on the top. This is a useful summer dish for serving with stewed fruit.

82. Gelozone Custard Cream

1 pint milk.
2 small teaspoons Gelozone.
Yolks of 2 eggs (or 2 dried eggs liquified).
1 dessertspoon sugar.
Vanilla essence.

Make a smooth liquid paste by very gradually adding half a teacup *cold* water to the Gelozone; to this add gradually one pint *cold* milk. Bring the mixture to the boil, stirring all the time, and simmer for a few minutes. Flavour with sugar and essence. While the mixture is cooling, beat eggs, which should be well stirred into the mixture *when nearly cold* Pour into a wetted mould and turn out when cold.

83. Instead of Custard Powder

Here are a few ideas.

Mix a tablespoonful or more of soya flour with water or milk, making it smooth and of a creamy consistency. Add vanilla essence or mixed spice to taste. Melt a small knob of fat in small enamel saucepan and put on low heat, stirring continuously until it just begins to bubble. Pour into small bowl or jug and allow to cool.

Here's another. Mix a tablespoonful or more of 'Emprote' quite nooth with either cold water or milk. Then add either vanilla essence r a really good quality almond essence to taste. No need to cook it.

Then, of course, baked or boiled egg custard is easily made with ried eggs.

84. Blackberries and Apple

If the reader has one of the cultivated varieties of blackberry in the arden, a delicious raw fruit salad becomes possible. Cut cored dessert pples, not peeled, into chunks or slices and add ripe blackberries. Serve t once, as apples lose colour after cutting. Or ripe blackberries picked resh can be added to each plate of stewed apple.

NOTE: When fresh ripe fruit is available, the same idea can be used. For example: Victoria plums, cut in half and stoned, with sliced ripe pears.

85. Black Currants or Damsons with Gelozone

These two varieties of fresh fruit are specially suitable because their ronounced flavour overcomes the slightly seeweedy taste of Gelozone.

Cook the fruit with as much sugar as it needs. If time allows, remove tones from cooked damsons.

Strain off the juice and make up to half a pint (a tumblerful) with vater. Let this juice get cold. With a tablespoon of the cold juice mix evel teaspoon of Gelozone quite smooth. Then add remainder of liquid nd cook in enamel pan. Pour this over the cooked fruit, cover, and llow to set.

When the standard blackcurrant purée is available, cook the Gelozone s above, in water, being careful to mix it first with just a little cold vater. Thoroughly stir in the purée and allow to set. No sugar is eeded.

86. Dried Bananas with Gelozone

Cut three or four dried bananas into half-inch pieces. Add tumblerful f water. Put into enamel pan and cook *slowly* (adding a little more vater if necessary) till soft, as soft as fresh bananas. Strain the juice off nd make this juice up to a tumblerful with cold water. Put cooked ananas into a bowl.

Mix *half* a teaspoon of Gelozone with a tablespoon of cold water, naking it smooth. Add the tumblerful of liquid and cook in small namel pan till it bubbles up. This takes very little time. Pour the ooked Gelozone on to the bananas, cover, and allow to set.

87. Special Apple Flan

This dish is, of course, appropriate for a special occasion. Make short astry of:

6 oz. wholemeal flour.
2 oz. soya flour.
4 oz. fat.
Sufficient sour milk to make a stiff dough.

Mix wholemeal and soya flour, rub in fat with fingers till consistency like small crumbs. Add sour milk and mix well, being careful not to ake paste too wet. Roll out evenly.

Line a greased sandwich tin with the paste, bringing the edge up as high as possible. Cover the bottom pastry with dry crusts to prevent its becoming uneven. Cook in fairly hot oven.

While pastry is in oven, peel and core enough apples for a filling, cutting in thin regular slices. Cook without sugar in as little water as possible, but not so as to reduce the fruit to pulp, as the slices must retain their shape.

Mix 1 level teaspoon Gelozone with a little apple juice as sold in bottles and tins. Then make up the liquid to slightly more than half pint. Add this to Gelozone, sprinkle in half teaspoon of ground cloves, and bring slowly to boil in small enamel pan, stirring frequently.

Allow pastry to cool, remove crusts, carefully turn out of tin, arrange cooked apple slices neatly in the pastry and pour over the liquid so as almost to fill the flan. The sweetness of the bottled apple juice will be sufficient unless the apples are very sharp.

Allow to set, and serve cold.

88. Quince Marrow Cream

1½ lb. marrow flesh.
1 lb. brown sugar.
3 oz. vegetable fat.
½ lb. quinces weighed after coring and peeling.

Cut marrow flesh small and also peeled and cored quinces. Cook slowly with the sugar in a cupful of water until soft enough to mash. Then add fat and stir in till it melts. Stirring throughout is needed to prevent the stuff sticking to the pan. Very good on dry toast.

89. Quince Curd

8 oz. cored and peeled apples.
6 oz. cored and peeled quinces.
2 oz. vegetable fat.
8 oz. brown sugar.
2 eggs.

The peeled and cored quinces are grated raw and *at once* put into enamel pan with sugar and sliced apple and a cupful of water, and cooked gently for about 15 minutes, stirring carefully. Then in a small separate pan the two beaten eggs are cooked till smooth, and stirred into the other stuff, which is cooling. A luxury for some special occasion.

11. Oatcake, Parkin, etc.

Ordinary cakes do not come into this book. This may seem drastic and unfriendly, but in a restricted state of food supplies cake is not really a necessity. There is no reason why a wholemeal cake should not be made occasionally, but the conventional tea-meal does not fit in to genuine Food Reform, and it is the conventional 'tea' where cake is considered important. Since this book recommends only three meals a day and explains why (see page 18), and since none of the three meals needs cake, there seems no point in giving recipes.

But the following recipes for crisp whole-grain cakes and biscuits are of use, because these provide attractive and sustaining items for cold-weather breakfasts, or to follow a salad course, or for part of a packed lunch.

Thus oatcake is so very much better than porridge, for it encourages the mastication essential if the nourishing value of oatmeal is to get into the blood. Without mastication, porridge tends to be more of an aperient than a food!

90. Thick Oatcake

6 oz. medium Scotch oatmeal.
2 oz. wholemeal flour.
2 oz. soya flour.
3 to 4 oz. nut fat or margarine.
Sour milk for preference, otherwise milk or water.

Put dry ingredients into mixing bowl, shave fat into it, and work the mixture thoroughly with fingers. Now add *either* whatever washed sultanas you can spare, *or* a heaped teaspoon of celery salt. Then liquid enough to make a fairly stiff dough. Mix well and turn into sandwich tin. Make it even in depth and then prick well with fork dipped in hot water. Now draw a knife, dipped in hot water, through the material crosswise so as to make four equal divisions. Bake in moderate oven (325 electric oven) for about 1½ hours. Allow to cool a little, then turn out on to wire tray to get cold before storing in closed tin. It will break easily into four equal sections.

If sour milk is not available, a teaspoon of 'Royal' baking powder will ensure good result. This is the only baking powder I ever use, as it leaves no taste of soda and is much to be preferred to any other.

91. Soya Breakfast Cake

4 oz. soya flour.
4 oz. wholemeal flour.
3 oz. fat.
A little sugar.
Some dried fruit if available; if not, add a small quantity of mixed spice instead.

Sour or fresh milk, or water.

Mix dry ingredients. Rub in fat. Form into a stiff paste. Roll out quickly, about ¼ inch thick. Place on greased tins. Prick all over to ensure crispness and bake in a quick oven until just brown. Cool on a wire tray.

92. Celery Bran Biscuits

4 oz. cleaned bran.
½ lb. wholemeal flour.
½ teaspoon celery salt.
5 oz. cooking fat.
Some milk and water.

Mix all dry ingredients together. Rub in the fat. Mix to stiff paste with the milk and water. Roll out quickly and lightly on a pastry board, about an inch thick or thicker, and put into greased sandwich tins. Prick well with a fork (this is important to make the cake crisp enough to turn out). Bake in a fairly sharp oven until brown and crisp. *Do not try to turn out of tins until cold or they will break.*

93. Ginger Parkin

½ lb. coarse oatmeal.
¼ lb. wholemeal flour.
1-2 tablespoons brown sugar.
1 teaspoon ground ginger.
4 oz. cooking fat.
½ teacup black treacle.

Mix dry ingredients. Warm treacle and fat and mix in carefully, adding a little milk if necessary. The mixture should be very moist. Cook in a deep tin in a *very slow* oven for 1½ hours. Turn the gas out and let the cake remain in until the oven gets cold. Remove from oven, but do not try to take out of tin until the cake is cold and set.

A covered tin is good for this cake, the sort that is sold for roasting. The cover should be removed for the last ½ hour to ensure browning.

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12. Packed Lunches

MANY thousands of factory workers and miners have to take food with them to work at midday or, if night workers, somewhere round midnight. Too often, such packed meals consist of sandwiches containing meat, or fish paste, or cheese, and nothing else; or perhaps home-made pasties, with meat as the only or principal filling.

Many children, in country districts particularly, have to take a packed lunch.

Day after day, year after year, this kind of unbalanced feeding goes on. It is unbalanced because it does not include any vegetable material, or if it does it is more often boiled peeled potato than anything else. What is needed is some kind of raw vegetable, even if it be just one kind, such as chopped celery, or watercress, or finely sliced heart of cabbage.

The usual attitude to any improvement in packed lunches is that there is all too little time, as it is, to get these ready, and that, after all, both grown-ups and youngsters can be sure of a good meal when they arrive home in the afternoon or evening. Yet it means very little extra trouble to make this sort of meal a regular help to fitness instead of the reverse.

A practical point to note is that a little time can be saved by not always preparing sandwiches! Some kind of raw vegetable is easily put into a screw-cap jar, or wrapped in a clean damp cloth in a card box or in brown paper; some brown bread and margarine and a piece of cheese, and perhaps some washed dates or sultanas or couple of apples, these would complete a satisfying and well-balanced packed lunch.

Sandwiches are, of course, a convenient way of carrying food. But for many persons this involves eating rather too much bread every day.

The following points are worth noting:

1. When sandwiches are made, the bread should be wholemeal and cut on the thin side.

2. It is necessary to include something that supplies protein, the repairing food-substance, but *also* some form of raw—or even cooked—vegetable.

3. For protein, grated or sliced cheese, scrambled dried egg (when fresh eggs are not available), or one of the 'spreads' mentioned below, are much better than fish paste, meat extract, etc.

4. Only one kind of raw vegetable is essential, to save time. Thus watercress, mustard and cress, finely sliced or chopped cabbage heart or sprouts, fresh tomatoes, lettuce, onion, grated raw carrot, chopped celery, can be used as alternatives. Parsley is specially valuable.

5. As much of this vegetable material should be packed between the slices as they will hold.

6. Of cooked vegetables for sandwiches, beetroot, potato and carrot are the most convenient and most likely to be enjoyed. Thus sliced or mashed cooked potato, mixed with some chopped onion, makes a good mixture.

7. Sandwiches are made more tasty if Yeastrel or some other yeast extract is mixed smooth with the butter or margarine before spreading the bread. This is better than adding one or two dabs of the extract.

8. In place of sandwiches, it is practicable to pack some salad-stuff in a screw-cap jar or wrapped in a damp cloth. In this case, the rest of the lunch is packed separately or in a paper bag.

9. Much better than cake or bun to follow the sandwiches are any of the dried fruits, previously washed; or ripe apples or other ripe fruit according to season.

10. Home-made oatcake, parkin, etc., (recipes 90, 91, 92, 93), or wholemeal biscuits are also useful to include.

Simple Sandwich Spreads

1. Soya cheese (recipe 49).

2. Sour-milk cheese (recipe 47).

3. Grated cheese mixed to a paste with very little milk or vegetable stock.

4. Saviand or 'Granose' brand soya nutmeat, cut thin or broken up with fork.

5. Savormix made into a stiff paste with water and allowed to stand for 10 minutes before spreading.

6. Whatever kind of nuts are obtainable. If there is no nutmill in the kitchen, they can be chopped and then mixed with mashed potato or grated raw carrot.

7. Scrambled dried egg, if fresh eggs are not available, (recipe 17).

8. Steamed dried egg (see recipe 16).

9. Emprote mixed smooth with a little milk or water or vegetable stock. For flavour, Yeastrel or Vecon or chopped parsley or chives can be added.

10. Digestible Welsh Rarebit (recipe 15).

11. Medium oatmeal or oatflakes. Spread on a pie dish and toast lightly. Then mix with a little milk or grated cheese, or with sour-milk cheese (see above).

12. Some of the nourishing savoury dishes in Chapter 6 are quite suitable for putting into sandwiches. But it is better if these can be packed separately, along with a supply of salad.

In place of Sandwiches

Marrow patties (recipe 37) are very good. The same idea can be worked out with other ingredients, such as potato, leek and egg, inside the pastry. Such 'pasties' provide a complete meal.

Many of the savoury dishes in Chapter 5 are very attractive cold, for taking along with a supply of some kind of raw salad.

13. Specimen Daily Meals

TO help readers to whom Food Reform is entirely new, the following meals are set out to show how the three daily meals can be arranged. Individual tastes and hours of work vary, of course, but if the meals are as simple and as welll balanced as these, there will be satisfaction.

BREAKFAST: Tablespoon of Froment with a little top of milk. Wholemeal bread or oatcake with butter or margarine, and either celery or watercress or bitter marmalade. Small cup of dandelion coffee, or Vecon dissolved in hot water, or weak tea without sugar.

MIDDAY: One of the savoury dishes in Chapter 5, with a cooked green vegetable and perhaps carrots or cooked celery or green peas (according to season). There is no need to have a number of different vegetables at any single meal. Nor is gravy necessary, as the flavours in these dishes are calculated to provide palatability.

One of the hot or cold sweet dishes in Chapters 9 and 10.

AFTERNOON: Weak tea without sugar.

EVENING: Cup of vegetable soup (Chapter 4).

Any of the cold savouries in Chapter 6, or simply grated cheese or peanut butter.

Any of the hot or cold sweet dishes (Chapters 9 and 10).

NOTES

The midday and evening meals can change places.

Some wholemeal bread or oatcake can be included in the evening meal for growing children or adults engaged in outdoor or strenuous work.

Fresh ripe fruit or stewed fruit in season, or home-bottled fruit, can follow the salad course instead of a sweet dish.

Hot or cold cooked potatoes can accompany salad to take the place of bread or oatcake.

In hot summer weather a lighter breakfast of fresh fruit only, or of soaked or simmered dried fruit, with Froment and a little milk, will suit many.

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